

Vanilla Berry Baked Oats



Serves	Prep Time	Cooking	Total Time	Calories
1 person				321 kcal

Stuff that's in it:

- 60G Blueberries And Raspberries
 - Squeeze Of Lemon Juice
 - 1 Tsp Caster Sugar
 - 40G Rolled Oats
- 15G Vanilla Whey Protein Powder
 - 1 Medium Egg
 - ½ Tsp Baking Powder
- 200ml Unsweetened Almond Milk

What you do:

Pop the berries into a small pan with the lemon juice and sugar, bring to the boil, add a few teaspoons of water as it's heating, once it reaches a thick gooey consistency, it's ready, set aside.

Spray fry light on a baking dish.

In a bowl add the baking powder, oats and protein powder and mix well. Add the milk and stir through, then add an egg, whisk with a fork and pour into your baking dish.

Spoon in the berry compote and bake for 25 minutes.

Nutrition

- Carbs: 34g
- Fat: 8g
- Protein: 25g

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