

Caramelised Banana Oat Bran



Serves	Prep Time	Cooking	Total Time	Calories
1 person				323 kcal

Stuff that's in it:

- 50G Banana (Sliced)
- 20G Sweet Freedom Fruit Syrup
 - 40G Oat Bran
- Vanilla Whey Protein Powder
 - 260ml Water

What you do:

Mix your whey and oat bran well, add to a saucepan, add the water, whisk until it becomes thick, add more water if desirable.

Heat a small fry pan and add 15g syrup, add the bananas and bubble, turn over one by one until golden brown, add the oat bran to a bowl, pop your banana on and a squirt of sweet freedom.

Nutrition

- Carbs: 45g
 - Fat: 4g
- Protein: 25g

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