

Banana Oats with Maple



Serves	Prep Time	Cooking	Total Time	Calories
1 person				393 kcal

Stuff that's in it:

- 15G Vanilla Whey
- 40G Rolled Oats
- 1 Banana
- 150Ml Almond Milk
- 15Ml Maple Syrup
- 7G Peanut Butter

What you do:

Pre heat your oven to 190°C

Mash a banana up in a bowl, add your whey and oats and mix well until combined. Add your maple syrup and milk and mix again. Pour into a non stick tray and bake for around 25 minutes until the top is golden.

Pop your peanut butter in the microwave to melt and drizzle over.

Nutrition

- Carbs: 56g
- Fat: 8g
- Protein: 22g

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