

Banana Bread Breakfast Cake

A soft, golden, and sliceable breakfast cake that's naturally sweet and lightly spiced. Packed with wholesome oats and ripe bananas, it's hearty, nourishing, and perfect to enjoy warm on a plate for a cozy, energising start to your day.

Ingredients

Serves 3-4 (8 slices)

180 grams of oats
1 tbsp almond butter
3 ripe bananas
1 tsp vanilla extract
1 tsp baking powder
Sprinkle of salt
200ml water.

Topping- 1 sliced banana & a sprinkle of oats.

Serving - 1 tbsp peanut butter powder (pb2) mixed with a drop of water or a dollop of plain no sugar soya yogurt with mixed berries and a sprinkle of cinnamon.



Directions

- Blend all ingredients and pour into a lined loaf pan
- Top with sliced banana.
- Bake for 30-40 minutes at 200 degrees C until firm on top.
- Allow to cool.
- Pair with fruit to reduce the calorie density of the meal! Fill up and enjoy!
- Once cooled it cuts into slices for a delicious snack.

Notes

- Pair with fruits such as melon, berries or apple to reduce the calorie density of the meal! Fill up and enjoy!
- Once cooled it cuts into cake slices for a delicious snack. Pair with fruit to make the perfect combo.