

# Banana Bread Baked Oats

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A wholesome twist on classic banana bread, these baked oats are soft, golden, and perfectly sliceable. Naturally sweet and lightly spiced, they make a comforting, hearty breakfast or snack that's as nourishing as it is satisfying. Serve warm on a plate for a cozy, homemade treat without the guilt.

## Ingredients

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2-3 servings

120g rolled oats  
2 bananas  
1 cup of almond milk  
1 heaped tsp almond butter (optional)  
1 ½ cups of boiling water  
1 tbsp sweet cinnamon/cinnamon  
½ tsp ground mixed spice/nutmeg  
1 tsp vanilla extract  
1 tsp baking powder  
Sprinkle of salt

Optional - ½ a sliced banana for topping

## Directions

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- Mash the banana, throw all into a bowl.
- Mix and divide into 2-3 portions individual baking dishes or a large baking dish.
- Bake at 180 degrees C for 30-40 minutes.
- Allow to cool and enjoy with mixed berries/warm apple and a dollop of plain no sugar soya yogurt.

## Notes

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REMEMBER TO EAT UNTIL YOU ARE FULL, SO YOU MAY NEED TO STOP OR YOU MAY NEED TO ADD MORE FRUIT. EAT MINDFULLY AND SLOWLY. Pair with fruit to create your even 50/50 split. As the baked oats cool, they slice perfectly to also make an amazing snack.

