



BAKED OATS

INGREDIENTS

2 cups rolled oats
2 tablespoons melted coconut oil
half cup of almond flour or normal flour
Dash of milk or milk alternative
half cup of honey or syrup
1 teaspoon baking powder
1 teaspoon cinnamon
1 egg
Greek Yoghurt
Optional:
Add mashed banana
Add peanut butter

PREP TIME

Serves 4-6
Prep Time 10 mins
Cook Time 20 mins

HOW TO COOK

- 01** Preheat oven to 180 degrees
Mix all ingredients together
- 02** Bake for 20mins or until golden brown
- 03** Top with greek yoghurt and fruit/topping of your choice
- 04** Can be stored in sealed container and reheated

