

Banana Breakfast Oats

Serves 2

1 cup (90g) oats

2 ripe bananas, mashed

2 tbsp. peanut butter

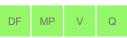
favorite nuts and seeds, to garnish

seasonal fruit, to garnish

What you need to do

- 1. Divide oats between two bowls and add 3 tbsp. of water into each bowl.
- 2. Add in one mashed up banana into each bowl and mix well to combine. Set aside for 10 minutes for the oats to soften.
- 3. Drizzle the oats with peanut butter and serve with the nuts and seeds and chopped fruit.

Note: Garnishes (nuts, seeds, fruit) are not included in the nutrition information.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	381	12	60	10

^{*}Nutrition per serving



