Baked Oats

Cake for breakfast? This recipe is so easy to whip up, just throw all the ingredients in a blender, bake and enjoy!

Ingredients

2 ripe bananas

2 cups oats

1 egg

1/2 tsp baking powder

1/2 tsp cinnamon

60 g butter, softened

1 tbsp sugar

1/2 cup frozen mixed berries

1/3 cup (84 ml) almond milk or any milk of your choice

Method:

1. Preheat the oven to 180C.

2. In a food processor, pulse 1 cup of oats, the banana, egg, baking powder, cinnamon, butter, sugar and milk until smooth. Transfer to a mixing bowl, and fold in the other cup of oats.
3. Divide oat mixture into individual buttered oven proof ramekins, top with frozen berries and bake in the oven for 20-25 minutes or until tops are lightly browned. Allow to cool slightly before serving.