



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.

DF MP V Q

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

*Nutrition per serving

