

## Baked oats recipe

For this weeks recipe I've tried to make porridge a bit more creative

### Ingredients

1. 45 grams of oats (3 porridge scoops)
2. 70 ml of preferred milk (about 4 and a half porridge scoops)
3. ½ teaspoon of baking soda
4. Fruit ( I added in a handful of raspberries and half a banana)

### Method

- I placed all my ingredients in the blender and then poured them onto a tray. ( I used a muffin tray because it was the smallest dish we had )
- Cook in the oven for 25-30 minutes at 200 degrees Celsius

Or

- You could mash the banana
- Place all the ingredients in a bowl and mix together
- Then place on a tray
- Cool in oven for 25-30 minutes at 200 degrees Celsius

### Options

You could even add in honey, peanut butter, almond butter, maple syrup, nuts, a few chocolate chips, cacao powder into the mixture

### Toppings

I added the rest of the banana and some strawberries to the top of mine.

You could even add some yoghurt, milk, any fruit, nuts, any syrup.





