

Banana Bread Oats Slices

Serves 8 – 12 slices

Ingredients:

For the Oat Cups:

3 medium ripe bananas
2 cups Bokomo Traditional Oats
2 tsp cinnamon
½ tsp nutmeg
1 tsp baking powder
½ tsp baking soda
¼ tsp salt
2 cups milk of choice
2 eggs
3-4 tbsp honey
½ cup peanut butter
1 tsp vanilla essence

Serving Suggestion:

Plain double cream yoghurt
Medium ripe banana/s, sliced
Honey

Recipe:

For the Oats Cups:

1. Preheat the oven to 180°C and line an ovenproof baking dish (20cm x 20cm) with baking paper.
2. Combine all dry ingredients (oats, cinnamon, nutmeg, baking powder, baking soda and salt) into one bowl.
3. Mash 3 medium ripe bananas with a fork.
4. Add the wet ingredients (mashed bananas, milk, eggs, honey, peanut butter and vanilla essence) to a separate bowl and mix well.
5. Pour the wet ingredients into the dry ingredients and stir well until combined.
6. Pour the mixture into the prepared baking dish, making sure to spread the layer out evenly.

7. Bake for 30-35 minutes until golden and cooked through.

8. Slice, serve and ENJOY!

Serving Suggestion:

1. Serve with some plain yoghurt, fresh banana slices and some honey.