

## Banana & Carrot Baked Oats



As the weather starts to cool, sometimes a warm breakfast just hits the spot. Our Banana & Carrot Baked Oats take just 10 minutes to pull together (and only uses one bowl!) before popping in the oven to bake.

Serves: 2

Difficulty: Easy

Prep Time: 15 minutes | Cook Time: 40 minutes

Ingredients:

200g fat free greek yoghurt

[18g Nesquik Banana Milkshake Powder](#)

50g porridge Oats

2 large eggs

75g carrot, washed and grated

1 small banana, sliced

20g sultanas

You will also need:

Medium ovenproof dish, lightly greased

Method:

1. Preheat the oven to 180°C / 160°C / Gas Mark 4.

2. Add the eggs and yoghurt to a bowl and mix until fully combined. Add in the oats and Nesquik and mix again.

3. Stir through half the carrot, banana and sultanas and decant into the ovenproof dish. Top with the remaining banana, carrot and sultanas.

4. Bake in the oven for 35-40 minutes until fully set. Remove and allow to cool slightly before cutting in to two and serving. Enjoy!

Each portion typically contains:

Energy	Fat	Saturates	Sugars	Salt
1402 kJ 332 kcal	6.8 g	1.6 g	25.8 g	0.33 g
17%	10%	8%	29%	6%

of an adults Reference Intake (RI)\*

Energy per 100g: 586 kJ / 139 kcal