

Baked banana oats

Using oats produced in Scotland rather than traditional flour, this is a sustainable & gluten free alternative to more traditional forms of banana bread. This can be enjoyed as a breakfast or as a dessert. Feel free to add berries, lemon, nuts etc to your heart's content!

Tip: This is a great way to use up browned bananas. You can freeze browned bananas until you find a suitable time to use them.

Tip: you can also make these in individual ramekins if you like

Serves: 8 - 10

1. Porridge oats
2. 1 tsp [baking powder](#)
3. ½ tsp [sea salt](#)
4. 1 tsp [ground cinnamon](#)
5. 2 overripe bananas mashed
6. 1 tsp [vanilla extract](#)
7. ⅓ cup of brown sugar
8. 1 large egg lightly beaten
9. 175ml milk

Method:

1. Preheat oven to 180 degrees C. Grease a 9×9" square baking pan and set aside.
2. In a large bowl, mash the bananas together
3. Stir in the vanilla extract, sugar and egg.
4. Add the milk and stir to combine.
5. Add the oats baking, powder, sea salt and ground cinnamon to the wet ingredients and stir until the batter is uniform throughout.
10. Pour the mixture into the prepared baking dish.

6. Bake at 350 degrees for 25 minutes. Or until the top slightly springs back when touched and the edges are just barely brown.
8. Let cool slightly. Then, cut into 9 or 16 squares and serve.
9. Store in refrigerator, reheat in microwave or enjoy cold.