

GO BANANAS



- Brekkie on the go.
- Slow release carbs & a kick of good fats.
- Make the night before and store in fridge.

Prep Time: 3 minutes

Cook Time: 0

Serves: 1

Nutritional Information:

- Carbohydrates: 57 g
- Fat: 15.2 g
- Protein: 6 g
- Fibre: 8.5 g
- Calories: 371

Ingredients:

- 40g jumbo porridge oats
- ¼ tsp cinnamon
- a pinch of salt (optional)
- 1 banana, peeled and unsliced
- 2-3 tbsp almond butter or another nut butter of your choice.

Method:

1. Mix the oats, cinnamon and salt together and spread out on a plate.
2. Cover the banana with almond butter.
3. Roll the banana in the oat mixture.