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Chocolate Banana Bread Baked Oatmeal

By Amy Lanza

Warm and gooey baked oats studded with cacao nibs and rich cacao powder - all the deliciousness of porridge baked in the oven.

Servings: 1

Ingredients

- 50g oats
- 1 banana
- 70ml plant milk (I like oat or almond)
- 1 tbsp chia seeds
- 1 tbsp raw cacao powder
- 1 tbsp cacao nibs
- ½ tsp baking powder
- ½ tsp vanilla
- pinch of salt
- 1 tbsp maple syrup, optional

Instructions

1. Preheat the oven to 170 Fan/190°C and grease a small ramekin or single-serving enamel dish.
2. Mash half the banana until smooth and add the oats, milk, chia seeds, raw cacao powder, baking powder, cacao nibs, vanilla, salt and syrup, if using, and stir until creamy.
3. Pour into the lined ramekin and top with the other half of banana, sliced.
4. Bake for 15-20 minutes until firm to the touch and enjoy warm or cold the next day with a splash of milk, yoghurt, extra fruit and nut butter.

Let me know if you make my Chocolate Banana Bread Baked Oatmeal by tagging me on social media – I'm @nourishing.amy on Instagram and use the hashtag #nourishingamy. I'm also on Twitter, Pinterest and Facebook so do say hello.

With baked oatmeal love x



About the author...

Amy Lanza

Hi, I'm Amy and on my website - nourishingamy.com - you will find everything from simple vegan recipes to nourish your soul and body, to inspirational messages. Eating and living the Nourishing Amy way is to be in tune with your body's natural rhythm, to listen to its cravings and to treat each meal as a special occasion – to nourish you from the inside out.

