

# Breakfast

## RECIPE CARD

### Biscoff Baked Oats

#### RECIPE NAME

Breakfast

#### MEAL TIME

5 minutes

#### PREP TIME

30 minutes

#### TIME TO COOK

Make sure to use an ovenproof dish!  
This could also make for a yummy pudding!

#### NOTES

Approx. 550kcal

#### CALORIES

#### INGREDIENTS

- ★ 40g Oats
- ★ 175g fat-free Natural Yoghurt
- ★ 1 tsp Vanilla Extract
- ★ 3 tsp Granulated Sweetener
- ★ 2 Eggs
- ★ 2 tsp Biscoff Lotus Spread

#### METHOD



In a bowl combine all of the ingredients using only 1 tsp of Peanut Butter.



Place the mixture into an ovenproof dish before adding the last tsp of peanut butter on the top



Cook for 30 minutes or until golden and ENJOY!