

Breakfast

RECIPE CARD

Baked Oats

RECIPE NAME

Breakfast

MEAL TIME

5 minutes

PREP TIME

30 minutes

TIME TO COOK

Choose your own topping and flavours for this recipe - make sure to correctly measure for accurate calories

NOTES

Approx 376kcal
before toppings

CALORIES

INGREDIENTS

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

METHOD



In a bowl combine all the ingredients until mixed.



Place the mixture into an ovenproof dish



Cook for 30 minutes or until golden.