

Healthy Recipe

NHS

Banana & Blackberry

Baked Oats

Ingredients

- 2 medium eggs
- 300ml semi-skimmed milk
- 100g rolled oats
- 1 tsp baking powder
- 2 bananas, mashed
- 200g frozen blackberries



High in fibre
Low in saturated fats



Prep: 5 Minutes
Cook: 35 Minutes



4 Portions

Instructions

1.



Prepare the oat mixture

Preheat the oven to 200°C/180°C fan. Whisk the eggs and milk together. In a separate bowl, mix the rolled oats and baking powder. Add the mashed bananas and frozen blackberries, then mix in the milk and egg mixture until thoroughly combined.

2.



Bake in oven

Pour the mixture into an ovenproof dish and bake for 30–35 minutes, or until cooked through.

or



Microwave

Alternatively, divide the mixture between 4 mugs, filling each about $\frac{3}{4}$ full. Microwave on high for 2½ minutes. If needed, continue cooking in 15-second intervals until fully cooked.

3.



Serve

Serve immediately while warm, either from the ovenproof dish or straight from the mug.

For more information, visit:
myhealthandcancerlondon.nhs.uk