THE LIGHTER PLATE METHOD

# Peanut Butter & Banana Protein Oats

Thick, nutty oats with sliced banana melting into the warmth.



| PREP | COOK | TOTAL | SERVINGS | DIFFICULTY |
|---|---|---|---|---|
| **3 min** | **7 min** | **10 min** | **2** | **EASY** |

## Ingredients

- 80 g porridge oats
- 2 tbsp peanut butter
- 2  bananas
- 400 ml semi-skimmed milk
- 1 tbsp cocoa nibs
- 1 tbsp chia seeds

## Method

1. Mash one banana into a saucepan with the oats, milk, chia seeds and a pinch of salt. Slice the second banana and set aside.
2. Bring to a gentle simmer over a medium heat and cook for 5 minutes, stirring often, until thick.
3. Take off the heat and stir in the peanut butter until it melts through and streaks the oats.
4. Spoon into bowls and top with the sliced banana and cocoa nibs.

## Tips & swaps

- Stir the peanut butter in off the heat so it stays in ribbons instead of disappearing. Mashing one banana into the pan means you need no added sugar at all.

## Storage & reheating

Best eaten fresh; reheat with a splash of milk.

## Nutrition (per serving)

| KCAL | PROTEIN | CARBS | FAT | FIBRE |
|---|---|---|---|---|
| **400** | **15g** | **50g** | **15g** | **8g** |

*Estimated values, for guidance only. Contains: Oats (gluten), Milk, Peanuts.*