

Caramelised Banana Oat Bran



Serves
1 person

Prep Time

Cooking

Total Time

Calories

323 kcal

Stuff that's in it:

- 50G Banana (Sliced)
- 20G Sweet Freedom Fruit Syrup
- 40G Oat Bran
- Vanilla Whey Protein Powder
- 260Ml Water

What you do:

Mix your whey and oat bran well, add to a saucepan, add the water, whisk until it becomes thick, add more water if desirable.

Heat a small fry pan and add 15g syrup, add the bananas and bubble, turn over one by one until golden brown, add the oat bran to a bowl, pop your banana on and a squirt of sweet freedom.

Nutrition

- Carbs: 45g
- Fat: 4g
- Protein: 25g

