



MONKEY MAGIC

Perfect for breakfast and tea!

SERVINGS: 3

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

INGREDIENTS

500g rolled oats
2 tsp baking powder
1 tsp cinnamon
1/8th tsp nutmeg
1/2 tsp salt
360ml of cow's milk
2 chicken eggs
1 cup mashed banana
Cooking oil

DIRECTIONS

1. Preheat oven to 180°C
2. Coat 3 cake mould with cooking oil.
3. In a large bowl combine oats, baking powder, cinnamon, nutmeg, and salt.
4. In a separate bowl mix together mashed bananas, eggs, and milk until well combined.
5. Gradually pour the milk mixture into the oat mixture, stirring thoroughly after each addition to ensure everything is well combined.
6. Evenly divide the oat mixture into 3 cake mould and then top each one with a few slices of banana.
7. Bake for 20-25 minutes or until set and cooked through. Allow to cool and then store in an airtight container in the fridge for up to 5 days. Reheat for consumption.

NOTES

Chocolate chips, blueberries or sliced banana for toppings.