





# Banana Blueberry Baked Oats

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1/2 cup oats  
1/2 cup frozen blueberries  
1/2 cup walnuts, roughly chopped  
1/4 cup pumpkin seeds  
2 bananas (1 1/2 bananas mashed, remaining 1/2 sliced for the topping)  
1/4 cup raisins  
4 Tbsp coconut/nut milk  
1 heaped tsp cinnamon  
1 heaped tsp ginger  
1/4 tsp nutmeg  
Pinch salt  
Fresh As banana slice, roughly chopped (optional)  
2 Tbsp hemp seeds (optional)

## **Method:**

Preheat oven to 180 degrees Celsius.

Place the oats in a bowl and cover with boiling water and soak for 10 minutes, until soft.

While the oats are soaking, in a bowl add the 1 1/2 mashed banana, blueberries, pumpkin seeds, raisins, milk, cinnamon, ginger, nutmeg, salt and if using the Fresh As banana slices + hemp seeds. Once the oats have absorbed the water and become soft, add to the bowl and mix until well combined.

Transfer the mixture to a baking dish and place the pieces of sliced banana on top.

Cook for 20 minutes, until golden and bananas are caramelised.