



DARK CHOCOLATE & CHERRY BAKED OATS SERVES 4

INGREDIENTS:

- 4 eggs
- 200g oats
- 3 scoops of dark chocolate whey protein
- 2 tbsp honey
- 200g frozen black cherries
- 100ml milk
- 1 tsp baking powder

INSTRUCTIONS:

- crack the eggs into a bowl and add the honey. beat thoroughly.
- add in the oats, whey protein and baking powder and mix well.
- gradually add the milk until it becomes like a thick batter.
- line an ovenproof dish with greaseproof paper and pour in the mixture.
- evenly distribute the cherries across the top and bake in a preheated oven at 180-200c for around 20-25 minutes. it will go a little brown and still be a bit gooey in the centre.
- Serve with some greek yoghurt for added protein.

360 cals 28g P 38g C 10g F