

beauty food.

CHOC PEANUT NUTTER
BANANA OAT BOWL

Recipe



CHOC PEANUT NUTTER

banana oat bowl

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SERVES 2

✓ GLUTEN-FREE ✓ DAIRY-FREE

4.6G SUGAR/SERVE

PREP ~ 2 MINS COOK ~ 15 MINS

Upgrade your morning oats with our deliciously creamy Peanut Nutter Nut Butter. We've also made these oats that little bit more Instagrammable with caramelised banana on top. You won't believe how good it tastes!!

INGREDIENTS

OAT BOWL

- 1 cup quick oats
- 2 cups milk of your choice (almond, oats, full-fat)
- ½ teaspoon ground cinnamon
- ½ teaspoon vanilla bean powder or 1 teaspoon vanilla extract
- 1 teaspoon coconut sugar
- 1/4 tsp vanilla extract

TO SERVE

- 2 medium bananas, sliced in half lengthways
- 2 teaspoons coconut oil
- ½ teaspoon coconut sugar
- 2 tablespoons Beauty Food Peanut Nutter Nut Butter
- 2 teaspoons cacao nibs

METHOD

Add all ingredients for the oats into a medium saucepan and cook, stirring for 10 minutes until oats have absorbed the milk. Add additional milk, or water, until oats are creamy.

Meanwhile, heat a medium frying pan over medium heat. Add in the coconut oil and once melted, add in the banana slices, sprinkling the coconut sugar over the top. Cook for 1 minute, then flip and sprinkle some more coconut sugar. Cook until the banana is nicely caramelised.

Divide the cooked oats between two bowls. Top with the caramelised banana, a big scoop of Beauty Food Peanut Nutter Nut Butter and a sprinkling of cacao nibs.

★ NOTES

Collagen Boost!

Add 2 tablespoons of Beauty Food Bioactive Marine Collagen into the oats while they cook.