



Chocolate Baked Oats

Prep Time: 5 Minutes Cook Time: 35 Minutes
Serves 1

This rich and indulgent breakfast item allows for what feels like treat but is healthy! It is super hearty breakfast keeping you fuller for longer.

Ingredients:

40g oats
175g fat free natural yogurt
1 tsp vanilla extract
3tsp granulated sweetener
2 eggs
2 tsp chocolate spread



Method:

1. Preheat the oven to 180°C.
2. In a bowl, mix all of the ingredients and add only one teaspoon of the chocolate spread until it is all combined.
3. Pour the mixture into an ovenproof dish and add the remaining chocolate spread to the centre.
4. Place into the oven for 30-35 minutes until set and golden.

Helpful tips:

- This dish can be frozen for later date which is great for batch cooking. The food product needs to be fully cooled and using a suitable bag or container for freezing.
- Ideally the oats should be eaten within 4 hours however, it can be refrigerated in an airtight container for up to 3 days.
- The recipe can be easily doubled to serve more.

- Fruit could be added to the breakfast dish to increase the flavour but also adding 1 of your 5 a day.