

## ***Cherry & Banana Oat Baked Slice (4 serves)***

### **INGREDIENTS**

1 large banana, sliced  
9-12 large frozen cherries  
1+1/2 cup quick cook oats or certified GF oats\*  
1 tsp cinnamon  
3/4-1 cup oat milk or similar  
1 tsp vanilla essence  
2 tbsp. ground flaxseed  
1 tsp baking powder  
1/3 cup date puree\* or 2 tbsp. pure maple syrup  
1/4 cup chopped nuts e.g almonds or walnuts (optional)

### **METHOD**

1. Preheat oven to 180 deg C. Wipe over a tsp of oil to grease 8x8-inch baking dish. Wipe off excess with a paper towel.
2. Lay sliced banana over the bottom.
3. Whisk together in a bowl the oats, flaxseed(linseed),cinnamon, nuts & baking powder.
4. In a separate bowl whisk the oat milk, date puree & vanilla.
5. Combine oat mixture with wet mixture until combined. It will be quite runny but it will set during cooking. Gently & evenly cover the banana slices.
6. Evenly place the cherries and press in.
7. Bake 30 minutes until golden brown & set.
8. Cut into 4 pieces and serve with extra fruit as desired.
9. Keep covered in fridge or cut and freeze.

***Date puree*** is as simple as blending 1 cup of chopped dates with 1 cup of boiling water. Blend until smooth and store in clean jar in fridge. Use as needed.

\*If the oats are quite thick & whole compared to quick cook oats then you will need to use 1/2 cup more milk and cook for an extra 30 minutes. Cover with tin foil for the first 30 mins to help steam & cook the oats.

*TOP TIP Make it super quick to prepare – just mix wet & dry ingredients together in one bowl instead of separately.*

