

Go Banana!

from Derval O'Rourke



INGREDIENTS

Serves 1

40g jumbo porridge oats

¼ tsp cinnamon

a pinch of salt (optional)

1 banana, peeled and unsliced

2–3 tbsp almond butter or another nut butter of your choice

METHOD

- Mix the oats, cinnamon and salt together and spread out on a plate
- Cover the banana with almond butter.
- Roll the banana in the oat mixture
- Place the coated banana in an airtight container and leave it in the fridge overnight
- Next morning, grab and go!