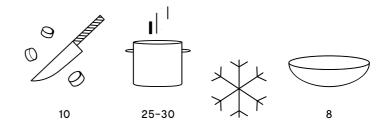




Peanut Butter & Cherry Bake

This sweet dessert by <u>Kristina Vavura</u>, will have you coming back for more and more.



Ingredients

1 banana - mashed

1 tbsp peanut butter

60g frozen cherries

87ml almond/coconut milk (made from our organic creamed coconut)

30g vanilla whey protein

112g traditional rolled oats

11g agave nectar, rich and dark

18g dark chocolate

Directions

- 1. Heat oven to 160C, line baking tray with parchment paper, grease with coconut cooking spray (or melted coconut oil)
- 2. In a blender mix the rolled oats with the milk until it has a smooth texture.
- 3. Add the mashed banana, peanut butter, agave nectar and the whey protein. Blend again until fully combined.
- 4. Gently melt the dark chocolate and add the frozen cherries and combine with the rest of the mixture.
- 5. Spoon the mixture out and gently press into you baking tray and bake for around 25-30 min.
- 6. Serve best with a dollop of yogurt and a dash of agave.