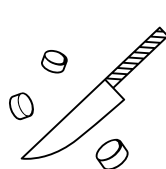


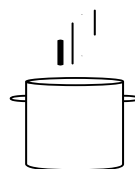


Peanut Butter & Cherry Bake

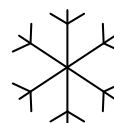
This sweet dessert by [Kristina Vavura](#), will have you coming back for more and more.



10



25-30



8

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 your baking tray and bake for around 25-30 min.
6. Serve best with a dollop of yogurt and a dash of agave.