

Nutty Mocha Oatmeal Slice



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↑↓ Servings: 4 Slices

NUTRITION (per serving)

CALORIES	PROTEIN	FATS	CARBS	FIBER
332 kcal	28 g	16 g	25 g	4 g

		
PREP TIME	COOK TIME	COURSE
3 mins	15 mins	Dessert, Snack

INGREDIENTS

- 1 Cup Rolled Oats
- 3 Scoops Protein Powder (try chocolate flavour but vanilla or plain is fine)
- 4 Tbsp Almond Milk unsweetened
- 3 Oz Coffee (instant)
- 0.5 Cup Apple Sauce (unsweetened)
- 6 Tbsp Peanut Butter
- 1 Tbsp Chocolate Chips to sprinkle (alternatively use white choc)

INSTRUCTIONS

1. Preheat oven to 350 F (180 C)
2. Place all ingredients into a bowl
3. Mix together until blended
4. Pour into a baking tray, press down with the back of a spoon
5. Sprinkle top with chocolate chips
6. Bake for 12 minutes

NOTE: cut into 4 slices. Macro breakdown is for 1 slice.



KEYWORDS

Dessert, Snack