

PEANUT OAT CAKE

- 45g oats
- 15g protein powder (if you don't have you can use oats)
- 70g banana
- 3g baking powder
- 90ml milk
- 10g peanut butter

- preheat oven to 200°C
- blend ingredients together WITHOUT PEANUT BUTTER !
- add to casserole bowl and put peanut butter into the mass
- bake for 15-20min
- decorate your cake however you want

