

## Caramelised Banana Oat Bran



Serves	Prep Time	Cooking	Total Time	Calories
<b>1 person</b>				<b>323 kcal</b>

### Stuff that's in it:

- 50G Banana (Sliced)
- 20G Sweet Freedom Fruit Syrup
  - 40G Oat Bran
- Vanilla Whey Protein Powder
  - 260Ml Water

### What you do:

Mix your whey and oat bran well, add to a saucepan, add the water, whisk until it becomes thick, add more water if desirable.

Heat a small fry pan and add 15g syrup, add the bananas and bubble, turn over one by one until golden brown, add the oat bran to a bowl, pop your banana on and a squirt of sweet freedom.

### Nutrition

- Carbs: 45g
  - Fat: 4g
- Protein: 25g

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