



Baked Chocolate
Oat pudding

INGREDIENTS

- ✓ 40g oats
- ✓ 100ml Almond milk
- ✓ 20g protein powder
- ✓ 1 tbsp monk fruit sweetener
- ✓ 1 tsp baking powder
- ✓ Pinch of sea salt
- ✓ 40g Greek yoghurt
- ✓ 20g dark chocolate

** You can omit the protein powder and swap the Greek yoghurt for a large banana for a dairy free option

PROCESS

- ✓ Preheat the oven to 180' Celsius
- ✓ Blend all ingredients together, except for the chocolate.
- ✓ Pour the mixture into 2 small ramekins, or if you are feeling decadent one large ramekin.
- ✓ Place dark chocolate in the centre of pudding.
- ✓ Place in middle of oven and bake for 20 minutes smoothie consistency and enjoy.
- ✓ This is a big favorite for our grandkids



Oats



Greek Yogurt



Dark Chocolate



ADDITIONAL

Made in the Ladyship and a rich source of calcium, fiber and gut healing foods.