



# Museli Bowls

## Ingredients

- 2 ripe bananas
- 1 cup rolled oats
- 1/2 Cup coconut
- Olive oil spray
- Low fat plain/vanilla yoghurt
- Your choice of berries (fresh or frozen)

## Method

- Mash the bananas and add the oats and coconut.
- Mix well and then press mixture into cupcake holders that have been sprayed with olive oil.
- Bake at 180 degrees until golden - around 10-15 minutes
- Allow to cool before topping with yoghurt and berries

## Nutrition Information

Serving size: 1 bowl

Servings per recipe: 6

## Amount Per Serving

Kilojoules	545
Total Fat (g)	
Saturated Fat (g)	4.5
Sodium (mg)	6
Sugar	12

