



LIAM HOWELLS
PERFORMANCE NUTRITION

Chocolate Orange Baked Oats



Calories: 348



Carbs: 32



Protein: 19



Fat: 13

SERVINGS: 1

PREPTIME: 5 MIN

COOKING TIME: 35 MIN

Ingredients

- 40 g Oats
- 1 Vanilla Muller Light Yogurt
- 3/4 tbsp Granulated Sweetener
- 2 Eggs you can use 1 egg if you prefer a slightly drier texture
- 2 tsp Choc Orange Choc Shot
- 1 Orange zest only

Directions

- Add all of the ingredients, except 1 tsp of choc shot, into a bowl and stir until combined
- Bake in the oven at 180°C for 35 minutes
- When cooked, drizzle the remaining orange choc shot over the oats and enjoy!