



Chocolate apple zoats bar

Delicious and filling, my version of the zucchini oats, with added apple for natural sweetness, and high protein too. Make once for breakfast sorted for the week. (Can use almond meal /organic flour instead of oat flour if you prefer, and eggs instead of egg whites, though the macros are based on oats). Serves 4. Per serve: Cal: 381; Fat: 7.1g; Pro: 43.3g; Carbs: 27.7g

Serves: 4, Prep time: 00:10, Cook time: 00:30

Instructions

Preheat oven to 170 degrees. Line a baking tray with baking paper or use a silicon baking tray.

Use a nutrabullet or blender to blend the oats into a flour (or use oat flour) to equal 1/2 cup.

Use a blender to blend the apple down into a puree, and a fine grater to grate the courgette (or do the same with the courgette as you did with the apple).

Add all ingredients together and mix until mixed through, adding more or less almond milk to get a thick batter (not too dry).

Pop in oven for around 30 minutes until done - a knife will come out clean, but it will be a dense cake.

Ingredients

- 1 cups Rolled oats
- 160 grams Chocolate protein powder (5.5 oz)
- 0.66 cups Egg whites
- 360 grams Apple, (I used Pacific Rose) (12.5 oz)
- 200 grams Courgette (7 oz)
- 125 milliliters Almond milk, unsweetened (4 oz (U.S.))
- 50 grams Unsweetened cocoa powder (2 oz)
- 1 teaspoon Baking powder
- 0.5 teaspoon Salt, Himalayan
- 25 grams Healtheries sugar free chocolate chips (1 oz)

Leave to cool and cut into four slices.

Serve with yoghurt and raspberries.

