



1 Make baked oats

This winter warmer is a great energy boost before school.

What you need

- 40g porridge **oats**
- 1tbsp maple syrup
- 1 small **egg**
- 100g plain **yogurt**
- Vanilla essence
- 100g blueberries, or any other fruit you like

- Mixing bowl
- Whisk
- Ramekin



Instructions

- 1** Preheat your oven to 200°C/ fan 180°C/gas 6.
- 2** Mix together the **oats**, maple syrup, egg, yogurt and a couple of drops of vanilla essence in a bowl.
- 3** Once you've mixed them well, you can add any fruit combinations you like – blueberries, raspberries, some chopped up apple or a handful of chocolate chips as an extra treat. It's up to you.
- 4** When you're happy, pour the mixture into a ramekin and pop it in the oven for 25-30 minutes, or until it turns golden brown.
- 5** Allow to cool for a few minutes, before adding a dollop of yogurt and digging in. Enjoy!

WOW! Humans have been eating blueberries for 13,000 years.



How does it work?

Oats contain fibre – the parts of a plant that your digestive system can't break down – and chemicals called carbohydrates. These are made up of sugar molecules linked together in long chains. Your body digests oats slowly, which gives you a steady supply of energy, and keeps feelings of hunger away. Eggs are packed full of vitamin E, which is an antioxidant that helps protect your body's cells. Yogurt is high in protein, which also helps your belly feel full. Fruits, including blueberries, are full of vitamins, and they count towards your five a day.

Allergy warning! Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at tinyurl.com/SN-allergy

A great way to start the day.