

## Baked Banana & Berry Crumble

### Ingredients:

- ❖ 1 ripe banana
- ❖ ¼ cup vanilla almond milk
- ❖ 1 slice of raisin toast, diced (uncooked)
- ❖ ¼ cup of frozen berries
- ❖ ¼ cup of quick oats
- ❖ ¼ cup of coconut, shredded
- ❖ 1½ tsp maple syrup
- ❖ 1tsp brown sugar
- ❖ ½ tsp vanilla extract
- ❖ ½ tsp ground cinnamon
- ❖ 2 tbsp. Greek Yogurt
- ❖ ½ cup granola
- ❖ 1 tbsp. berry compote

Serves 1



### Method:

To begin, preheat the oven to 180 degrees Celsius. Grease individual oven safe dishes and set aside. Next mash  $\frac{3}{4}$  of the banana in a mixing bowl, and then add in almond milk, cinnamon, coconut, vanilla extract, brown sugar and maple syrup. Next cut up the raisin toast into small pieces and mix into mixture with oats. Check consistency to see if more almond milk is needed to add moisture. Add in frozen berries and mix to combine. Pour mixture into individual baking dish. With the remaining  $\frac{1}{4}$  of banana, slice thinly and layer on top of the mixture. Finally pour granola on the top of the breakfast bowl to give a crunchy texture. Place in the oven and cook for 20 minutes or until golden.

Serve hot or cold. To serve place individual dish on a plate. Spoon yogurt into the centre of the bowl and top with berry compote.