

# Oat Muffins

## INGREDIENTS:

1 banana  
1 egg  
30g porridge oats  
100ml milk  
Blueberries/cherries etc.

## METHOD:

Squash the banana with a fork.  
Beat in the egg.  
Add the oats and the milk.  
Add berries if liked.  
Pour batter into two ramekin dishes.  
Microwave on full for 2 minutes.

## SERVE:

Serve with berries/fruit and lots of plain yogurt or crème fresh.

*Lorna says this is a lovely quick warm low-calorie desert and a great little recipe to do with children in the school holidays!*

