



OATMEAL AND BANANA CAKE

WHAT IS IT SUITABLE FOR

An ideal snack for intense training days which will provide us carbohydrates and proteins in a sweet and appetizing way.

INGREDIENTS

Banana
Egg
Oatmeal (Flour or flakes)
Yeast or raising agent
Milk or vegetal drink
Extra Virgin Olive Oil
Cinnamon
Vainilla aroma

QUANTITY/UNIT

3 unit.
2 unit.
200gr
1 upon (16gr) o 2 upons
200ml.
40ml.
To your liking
10ml



ELABORATION

In a bowl we add all the ingredients except the yeast or raising agent and beat them with a mixer until we get a homogeneous texture. Pour the mixture into a bowl and add the yeast or raising agent. Next we will preheat the oven to 160° for x min. While we grease the mold with a little butter, we pour the mixture obtained previously into the bowl and put it in the oven for 45min / 1h approx. We take the cake out of the oven and let it cool before taking it out of the mold so as not to burn ourselves. To enjoy!