

### 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!