

Apple & Berry Oat Slice

Serves: 4



Ingredients

Olive oil spray
150g can pie apples
1 cup rolled oats
½ cup wholemeal flour
½ cup milk
1 teaspoon ground cinnamon
½ teaspoon baking powder
1 tablespoon honey
50g blueberries
4 tablespoons yoghurt

Method

1. Preheat oven to 180°C. Spray small baking dish with olive oil spray
2. Add apples into baking dish and mash
3. Add remaining ingredients, except blueberries and yoghurt, and mix until combined
4. Add blueberries and mix gently
5. Bake for 35 minutes
6. Allow to cool slightly and serve with a dollop of yoghurt!



HOT TIP

Serving this delicious slice with a dollop of yoghurt adds protein to help your muscles grow and calcium for strong bones!