



# Choc-Chip Honey Baked Oats

EASY • 40 MINS

Goosey peanut butter, warm melted choc-chips, smooth Capilano honey and chewy cakey oat flour – overnight oats have taken the foodie world by storm! The best bit? They're super easy to make, so customisable (frozen berries are a great addition), and you can prep them ahead for the week.



**SKILL LEVEL**  
Easy

**PREP TIME**  
10 mins

**COOKING TIME**  
30 mins

**SERVINGS**  
1

## Ingredients

- 1 cup rolled oats
- 1 medium-sized banana

## Method

1. Preheat your oven to 180°C
2. To a blender or food processor, add oats and pulse until flour is formed.

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- ⅓ cup milk (or alternative milk)
- 2 tbsp peanut butter (1 for batter, 1 for filling)
- 1 tbsp **Capilano Pure Honey**
- ½ tsp baking powder
- ½ tsp cinnamon
- Pinch of salt
- Chocolate chips (or cacao nibs)

## Method

3. In an oven-friendly ramekin, add mashed banana, half the peanut butter, milk, Capilano Pure Honey, cinnamon, baking powder and salt. Stir until well combined. Add oat flour and fold in carefully.
4. Create a well in the centre of the ramekin, and add the remaining peanut butter and a sprinkle of choc chips. Push the peanut butter and chips into the centre and ensure they are covered by the batter. Top with more choc chips if desired.
5. Bake for 30 minutes, and drizzle with extra Capilano Honey to serve.

Used in this recipe



### Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Make the Sweet Switch  
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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