

Peanut Butter Cheesecake Baked Oats

THM-Friendly: E

For oatmeal:

In a Ninja chopper, blend together the following ingredients:

- 1/3 cup nut milk
- 1/2 cup oats (I used steel cut, but you could use regular)
- 2 Tbsp. Brown Swerve
- 3 Tbsp. egg whites
- 1/2 of a banana
- 1/2 tsp. vanilla extract
- 1/2 tsp. baking powder
- 1 Tbsp. peanut flour
- 2 pinches of mineral salt

Bake in the microwave for 3 minutes. PUT A PLATE UNDER THE BOWL IN CASE OF OVERFLOW. Let cool a little bit before putting the topping on.

For the topping:

Mix together

- 1/2 cup cottage cheese
- 1 Tbsp. peanut flour
- 3/4 - 1 tsp. Super Sweet
- a splash of vanilla (or peanut butter extract)

Put all ingredients in the blender and zing them up! Spread the topping on the oats.

enJOY!

