

# Carrot & Banana N'Oatmeal Bake

6 SERVINGS 1 HOUR



## INGREDIENTS

1 3/4 cups Canned Coconut Milk  
3 Banana (medium, ripe, mashed)  
1/4 cup Coconut Flour  
1/2 tsp Baking Soda  
6 Carrot (medium, shredded)  
3/4 cup Unsweetened Shredded Coconut  
(plus more for garnish)  
1/2 cup Raisins

## DIRECTIONS

- 01 Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper.
- 02 In a large mixing bowl, stir together all the ingredients until well combined. Transfer to the baking dish and spread evenly. Bake for 55 minutes.
- 03 Garnish with shredded coconut (optional). Slice and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	329	Carbs	37g
Fat	20g	Protein	4g