

## Ingredients:

- 2 cups cooked brown rice
- 1 cup coconut milk
- 3 large organic eggs, whisked or 3 eggs substitutes ie. 3 tbsp chia seeds + 1/2 cup water, mix and let sit for 3-4 minutes
- 1/4 cup protein powder (I used vanilla vegan proteins+ by Genuine Health)
- 1/4 cup ground almonds (sometimes called "almond flour")\*
- 3 tbsp real maple syrup
- 2 tbsp pure vanilla extract\*\*
- 1/2 tsp nutmeg
- 2 tbsp ground cinnamon
- 1 tsp ground ginger
- 2 tbsp pumpkin seeds
- 3 bananas, sliced

## Instructions:

1. Preheat oven to 350F. Use a fork to mix all the ingredients together in a large mixing bowl excluding the banana slices. Pour mixture into greased 11 x 7 x 2 baking dish (or any large size glass baking dish, the smaller the dish the thicker the bake) and place banana slices on top. Bake at 350F for 35-40 minutes. If you are using an egg substitute, bake 10-15 minutes longer. Makes 8 servings.

## Notes:

\*If you can't find ground almonds you can very easily do it yourself. Simply using your food processor grind up whole raw almonds to a flour consistency. That easy! \*\*Only use if your protein powder is not flavoured. Enjoy with some sheep's milk yogurt or for an non-dairy option use plain coconut yogurt, some sliced bananas and sprinkle of cinnamon.