Oatmeal Banana Bites

Source: Dreena Burton

These muffin-like bites use only pureed banana as a sweetener, have no added oil, and use whole-grain oats and oat flour. Added bonus: They can be made in just minutes!

About the Recipe

114 Calories · 3 g Protein · 3 g Fiber
Snack

Ingredients

Makes 8 Servings

- 1 c (81 g) rolled oats
- 1 c (104 g) oat flour
- 1 tsp (5 mL) baking powder
- 1/4 tsp (1.2 mL) iodized salt
- 1/2 tsp (2.5 mL) cinnamon
- 1/8 tsp (0.6 mL) nutmeg
- 1 c (24 mL) mashed overripe banana, or 2 bananas
- 1 tsp (5 mL) vanilla extract
- 2 tbsp (30 mL) chocolate chips (optional) **optional*

Directions

1. Preheat oven to 350 F (177 C). In a mixing bowl, combine the oats, oat flour, baking powder, sea salt, cinnamon, and nutmeg. Stir through until well combined.
2. Add the banana and vanilla (and chocolate chips, if using) to the dry mixture and stir through until combined. Using a cookie scoop, place mounds of the

batter (about 2-2 1/2 tbsp or 30-37.5 mL) on a baking sheet lined with parchment paper.   Optional: Try raisins or other dried fruits in place of the chocolate chips!

3. Bake for 14-15 minutes, until slightly golden. Remove and let cool on pan for just a minute, then transfer to a cooling rack.

Nutrition Facts

Per muffin:

Calories: 114

Fat: 2 g

Saturated Fat: 0.3 g

Calories From Fat: 12%

Cholesterol: 0 mg

Protein: 3 g

Carbohydrate: 22 g

Sugar: 4 g

Fiber: 3 g

Sodium: 136 mg

Calcium: 49 mg

Iron: 1 mg

Vitamin C: 2 mg

Beta-Carotene: 8 mcg

Vitamin E: 0.1 mg