Oatmeal Banana Bites


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

- rolled oats (1 cup)
- oat flour (1 cup)
- baking powder (1 tsp.)
- sea salt (1/4 tsp.)
- cinnamon (1/2 tsp.)
- freshly grated nutmeg (1/8-1/4 tsp.)
- pureed overripe banana, roughly 2 large bananas (1 cup)
- vanilla extract (1 tsp.)
- chocolate chips, optional (2 tbsp.)

Directions

1. Preheat oven to 350 F. 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 tablespoons) on a baking sheet lined with
parchment paper. &nbsp;Optional: Try raisins or other dried fruits in place of the chocolate chips!

3. Bake for 14-15 minutes, until slightly &nbsp;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