Breakfast

Banana Peanut Oat Snack Bites

These soft baked oat bites blend creamy peanut butter and ripe banana with oats for a chewy, snack sized treat.

22 min	70	7 g	1 g
time	calories	carbs	sugars



Vegetarian

Ingredients, 12 servings

- [ ] 1 large eggs
- [ ] 1 med banana(s) (mashed)
- [ ] 1/2 cup peanut butter (heated in microwave for 30 seconds)
- [ ] 1 tsp vanilla extract
- [ ] 2 tbsp low-calorie brown sugar substitute
- [ ] 2 cup old-fashioned rolled oats (gluten-free if needed)
- [ ] 1 tsp baking soda
- [ ] 1/2 tsp salt
- [ ] 1/4 cup ground flax seed

Method

- [ ] 1 Heat the oven to 350°F and line a baking sheet with parchment paper.
- [ ] 2 Whisk the peanut butter, mashed banana, egg, vanilla extract, and low-calorie brown sugar substitute together in a medium bowl.
- [ ] 3 Stir the old-fashioned rolled oats, baking soda, and salt together in a small bowl, then mix in the ground flax seed.
- [ ] 4 Tip the oat mixture into the peanut butter mixture and mix until well combined.
- [ ] 5 Scoop 1 tbsp balls of batter onto the prepared baking sheet.
- [ ] 6 Bake for 10 to 12 minutes, then cool the bites on a wire rack.

Nutrition Facts

Per serving

Calories	**70**
Total fat	4 g
Saturated fat	0.5 g
Sodium	130 mg
Total carbs	7 g
Fiber	1 g
Total sugars	1 g
Protein	3 g

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