



## Peanut Butter Banana Oat Bites

**Yield: 24 Servings**

**Cost Per Serving: n/a**

**Cook Time: 15 minutes**

### Ingredients:

- 1 egg
- ½ cup peanut butter (heated in microwave for 30 seconds)
- 2 Tbsp brown sugar (or low-calorie brown sugar blend \*)
- 1tsp baking soda
- 1/3 cup chocolate chips
- ¼ cup flax seed
- 1 ripe banana (mashed)
- 1 tsp vanilla extract
- 2 cups old-fashioned rolled oats
- ½ tsp salt

\*Check sugar ratio

### Directions:

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. In a medium bowl, whisk together peanut butter, banana, egg, vanilla, and brown sugar.
3. In a small bowl, mix oats, baking soda, and salt. Add ground flaxseed and chocolate chips.
4. Add oat mixture to peanut butter mixture and mix well.
5. Scoop batter into 1 Tbsp balls and place on baking sheet.
6. Bake for 8-10 minutes.
7. Cool on wire rack.