

Peanut Butter Banana Oat Bites

INGREDIENTS

30 MINUTES 24 SERVINGS

- 1 egg
- 1 ripe banana (mashed)
- ½ cup peanut butter (heated in microwave for 30 seconds)
- 1 tsp vanilla extract
- ½ tsp cinnamon
- 2 tbsp Splenda Brown Sugar
- 2 cups old-fashioned rolled oats (not quick cooking)
- 1 tsp baking soda
- 1/2 tsp salt
- 1/4 cup ground flax seed



Adapted from: diabetesfoodhub.org.



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PROCEDURE

1. Preheat oven to 350 degrees. Line a baking sheet with parchment paper.
2. In a medium bowl whisk together peanut butter, banana, egg, vanilla and Splenda Brown Sugar blend.
3. In a small bowl mix together oats, baking soda and salt. Add milled flaxseed.
4. Add oat mixture to peanut butter mixture and mix well.
5. Scoop batter into 1 Tbsp. balls and place on baking sheet. Bake for 10-12 minutes. Cool on wire rack.



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