

## Oatmeal Banana Bites

(Recipe makes 8 muffins)

### Ingredients:

- 1 Cup rolled oats
- 1 Cup oat flour
- 1 Teaspoon baking powder
- 1/4 Teaspoon salt
- 1/2 Teaspoon cinnamon
- 1/8-1/4 Teaspoon freshly grated nutmeg
- 1 Cup pureed overripe banana (roughly 2 large bananas, see note)
- 1 Teaspoon vanilla extract
- 2 Tablespoons grain-sweetened vegan chocolate chips (optional)



### Note:

- Use an immersion blender and a deep cup to puree your banana (this is easiest, but a blender or small food processor also work). It produces a very liquefied mixture, not like what you can get through mashing.

### Directions:

1. Preheat oven to 350 F.
2. In a mixing bowl, combine the oats, oat flour, baking powder, sea salt, cinnamon, and nutmeg. Stir through until well combined.
3. Add the banana and vanilla (and chocolate chips, if using) to the dry mixture, and stir through until combined.
4. Using a cookie scoop, place mounds of the batter (about 2 to 2 1/2 tablespoons) on to a baking sheet lined with parchment paper.
5. Bake for 14 to 15 minutes, until set to the touch and a tough golden. Remove and let cool on pan for just a minute, then transfer to a cooling rack.



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Recipe found at Plant Powered Kitchen