

# Peanut Butter Banana Oat Bites

Serving Size: 2 Bites | Makes 24 Servings

## Ingredients:

- 1 egg
- ½ cup peanut butter (heated in microwave for 30 seconds)
- 2 Tbsp Swerve brown sugar substitute (erythritol)
- 1 tsp baking soda
- ¼ cup ground flax seed
- 1 ripe banana (mashed)
- 1 tsp vanilla extract
- 2 cup old-fashioned rolled oats (not quick cooking) (gluten-free if needed)
- ½ tsp salt

## 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 Swerve brown sugar substitute.
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.
6. Bake for 8-10 minutes.
7. Cool on wire rack.

## Nutrition Facts:

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|------------------------|---------------------------|
| • Calories: 75         | • Sodium: 130 mg          |
| • Total Fat: 4 g       | • Total Carbohydrate: 8 g |
| • Saturated Fat: 0.5 g | • Dietary Fiber: 1 g      |
| • Trans Fat: 0 g       | • Protein: 3 g            |
| • Cholesterol: 10 mg   | • Potassium: 90 mg        |