



Recipe

Banana Coconut Breakfast Bars n' Bites

Grab n' go treats for a healthy, balanced breakfast.

SERVINGS: 12 bars n' 12 bites PREP TIME: 10 min

TOTAL TIME: 20-30 min

Ingredients

1/1-2 cup rolled oats

2/3 cup coconut flour

1/2 cup mashed ripe banana

1 cup unsweetened shredded coconut

1/2 cup coconut oil, melted

4 eggs

2 Tbsp peanut butter

2 Tbsp Honey

1/4 cup walnuts or raisins

2 tsp cinnamon and 1/4 tsp salt

1/4 cup mini chocolate chips (optional)

Directions

Preheat the oven to 350 degrees. Mix together oats, coconut flour, shredded coconut, walnuts or raisins, cinnamon and salt in a large mixing bowl. Add in banana, coconut oil, eggs, peanut butter and honey. Stir until well combined. Fold in chocolate chips if using.

Lightly grease a mini muffin tin pan and a bar baking pan. Evenly pour the batter between the two pans. Bake the mini bites for 10-12 minutes and the bars for 16-20 minutes or until golden brown.



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Recipe

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