

## **Soft Banana-Oat Bites (No Bake, No Added Sugar)**



### **Ingredients**

- 2 ripe organic bananas, mashed
- 1 cup organic rolled oats (gluten-free if needed)
- 1/4 cup unsweetened shredded coconut
- 2 tbsp organic chia seeds or ground flaxseed
- 1/2 tsp pure ground cinnamon (optional, only if well tolerated)
- 1/4 cup raisins or chopped dates (optional — for sweetness)
- Pinch of sea salt (optional)



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## Instructions

### Mix it up:

In a mixing bowl, combine mashed bananas with oats, coconut, chia or flax, and any optional add-ins like raisins or cinnamon.

### Let it sit:

Let the mixture sit for 10–15 minutes so the oats soften and the chia/flax absorbs moisture.

### Shape bites:

Using clean hands or a spoon, form the mixture into small balls or press into mini patties.

### Chill:

Place on a parchment-lined plate and refrigerate for at least 1 hour to set. You can also freeze them for a firmer texture.

## Additional Notes:

Everything is raw, whole food-based, and free of synthetic flavors, fragrances, and preservatives.

If you're sensitive to cinnamon, simply omit it — the banana and coconut alone give a lovely flavor.

Use sulfite-free dried fruit (like unsweetened sun-dried raisins or chopped dates) if adding for extra sweetness.