

Breakfast Banana Oat Bites

The perfect make-ahead breakfast or snack as families get back into routine. Packed with whole grains, fruit, and natural sweetness, these bites are nut-free, refined sugar-free, and totally customizable. Best of all? Kids can mash, mix, and scoop, turning breakfast prep into a fun, hands-on activity.

What you need:

- 2 ripe bananas, mashed
- 1 cup rolled oats (use gluten-free if needed)
- ¼ cup unsweetened applesauce or plain yogurt
- ¼ tsp cinnamon
- 1 tsp vanilla extract (optional)
- Pinch of salt

Optional add-ins:

- 2 tbsp mini chocolate chips
- 2 tbsp raisins or dried cranberries
- 2 tbsp shredded coconut
- 1 tbsp ground flaxseed or chia seeds
- 2 tbsp sunflower or pumpkin seeds



(Makes about 12 bites)

What to do:

1. Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. Mash bananas in a large bowl until smooth. This is a great sensory job for little hands!
3. Add in oats, applesauce, cinnamon, vanilla, and salt. Stir to combine.
4. Fold in any extras (chocolate chips, dried fruit, etc.).
5. Scoop mixture into small balls or mounds (about 1 tbsp each) and place on baking sheet.
Children can help using a mini-ice cream scoop or a spoon to portion.
6. Bake for 12–15 minutes, or until lightly golden and set.
7. Cool completely before storing. Keep in an airtight container for 3–4 days or freeze for up to a month.

Optional: Turn them into mini muffins by baking in a greased mini muffin tin for the same amount of time. You can add mashed berries or grated apple for extra fruit or even serve with a side of yogurt for dipping!

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