

chocolate chunk banana baked oatmeal bites

Ingredients:

- 3 cups old-fashioned oats, lightly ground
- ½ cup packed brown sugar
- 2 tsp baking powder
- 2 tsp ground cinnamon (optional)
- ½ tsp salt
- 2 eggs
- 1¼ cups milk
- 1 cup mashed bananas (about 3 medium bananas)
- 1 tsp vanilla extract
- 1 – 1½ cups semi-sweet chocolate chunks (or chips)

Directions:

1. Preheat the oven to 350° F. Lightly grease roughly 18 muffin cups with non-stick spray.
2. Combine the oats (note: to 'lightly grind' mine, I throw them in the food processor and pulse for a bit—a blender would work as well... or you can even just leave them as is for a chunkier texture), brown sugar, cinnamon, and salt in a large bowl and stir together.
{Side note: You could use a stand mixer (i.e. KitchenAid), but these do not get tough to stir, so I just prefer to do it all by hand.}
3. In a separate bowl, stir together the mashed bananas, eggs, milk, and vanilla.
4. Add the wet ingredients into the dry ingredients and give it a good stir until fully combined. Add the chocolate chunks and stir again.
{Note: Use 1 cup chocolate chunks if you want a regular amount of chocolate, or 1 ½ cups if you like it *really* chocolatey.} ☺
5. Spoon the oatmeal mixture into the prepared muffin tins. (Note: These will not rise a lot—if at all—so go ahead and fill each cup about ¾ full.) Bake uncovered for about 18 - 20 minutes, or until oatmeal is lightly browned and starting to turn dark at the edges (and a toothpick inserted near the middle comes out clean).
6. Allow to cool for about 5 minutes and then remove to a cooling rack to finish cooling. Store at room temperature in an airtight container for a few days, or these are great to throw in the freezer (in a freezer baggie) and have on hand for a quick breakfast/snack/dessert. Just toss one in the microwave (on the defrost setting) for about 1 minute and it's ready to go. ☺

Yields 16 – 18 oatmeal bites.