



## Blueberry Oatmeal Bites to Go

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|---------------------------|-------------------------|
| 3 cups old fashioned oats | 3 Tbsp. honey           |
| 1 cup blueberries, washed | 1 Tbsp. vanilla extract |
| 2 bananas, mashed         | 1 Tbsp. cinnamon        |
| 2 eggs                    | 2 tsp. baking powder    |
| 1 ½ cup low fat milk      | ½ tsp. salt             |

### Directions

1. Wash hands. Preheat oven to 350 degrees and coat muffin tin with nonstick spray.
2. In a medium bowl, combine oats, cinnamon, baking powder, and salt.
3. In a separate bowl, combine bananas, eggs, honey, vanilla, and milk.
4. Mix the wet and dry ingredients together and carefully fold in the blueberries.
5. Divide the batter between the 12 muffin tins. Bake for 20-24 minutes until golden brown. Store in the refrigerator in a sealed container or freeze. Eat cold or warm. **YIELD: 12 Oatmeal Bites**

**Nutrition Facts** (per serving): 160 calories, 3 g. fat, .5 g. saturated fat, 30 mg. cholesterol, 220 mg. sodium, 30 g. carbs, 4 g. dietary fiber, 5 g. protein