



**CAMP
SOUTHERN
GROUND**

CHOCOLATE CHIP OAT BITES

INGREDIENTS

- 2 overripe medium bananas, mashed
- 1 large egg (or flax egg for a vegan option)
- 1/4 cup honey
- 1 cup gluten-free rolled oats
- 2 tablespoons coconut flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/3 cup dairy-free/vegan chocolate chips

INSTRUCTIONS

1. Preheat: Preheat your oven to 350°F (175°C) and grease or line a standard 12-cup muffin tin.
2. Wet Ingredients: In a large bowl, thoroughly mash the overripe bananas. Whisk in the egg and honey until well combined.
3. Dry Ingredients: Add the gluten-free oats, coconut flour, baking powder, and salt to the wet mixture. Stir gently until a thick dough forms.
4. Fold & Scoop: Fold in the dairy-free chocolate chips. Use a cookie scoop or tablespoon to drop bite-sized portions of the dough into muffin tin.
5. Bake: Bake for 12 to 15 minutes, or until the bites are firm to the touch and the edges are lightly golden.
6. Cool: Let them cool in the pan for 5 minutes before transferring to a wire rack to cool completely.

