

Peanut Butter Banana Protein Bites



PREP TIME:
5 MINUTES

ROLL & CHILL TIME:
35 MINUTES

TOTAL TIME:
40 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 20 Bites

Ingredients:

- ½ Cup Gluten Free Rolled Oats
- ¼ Teaspoon Sea Salt
- 2 Pitted Medjool Dates
- ½ Cup Unsweetened Peanut Butter
- 1 Medium Banana – Peeled and Chunked
- ½ Teaspoon Pure Vanilla Extract
- 1 Scoop Vanilla Protein Powder – [Recommend Truveni](#)
- ¼ Cup Water
- ½ Cup Organic Banana Chips
- **Optional:** ¼ Cup Mini Semi-Sweet Chocolate Chips (*Recommend Enjoy Life Brand Dairy Free*)

Instructions:

1. In a small food processor, add the oats, salt and Medjool dates until finely ground.
2. Next add peanut butter until smooth.
3. Blend in vanilla, protein powder and water until fully blended.
4. Transfer mixture to medium bowl.
5. Add the banana chips back to food processor and allow to chop into small pieces (but not finely ground).
6. Pour into mixture and mix with a spoon.
7. Roll out the 1st 10 protein bites – size should be about 1”-2” size.
8. Next add chocolate chips to remaining mixture and roll out the other 10 bites.
9. Place on a cookie sheet and allow to chill for about 30 minutes. Transfer to bowl and keep refrigerated for up to 4 days. Also will freeze well.

***Try and use all organic ingredients if possible.**