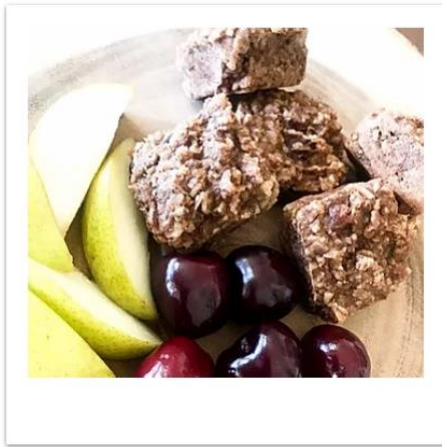




Oatmeal Bites



- ♥ 1 cup coconut milk (full fat)
- ♥ 1 ½ cup oven-toasted old-fashioned oats
- ♥ 2 frozen bananas (I always make sure to have a few in the freezer at all times)
- ♥ ½ cup raisins (no sugar or sulfites added)
- ♥ 1 tbsp. cinnamon
- ♥ 1 tsp. vanilla extract

1. Thaw out the 2 bananas.
2. Place the peeled bananas and the rest of the ingredients in a food processor, and pulse until mixed well. The batter should be thick, not runny.
3. Pre-heat oven to 375 degrees.
4. Place batter in each square (use 2-spoons method - one to gather the batter and one to scrape it off into the silicon mold.)
5. Bake for about 15 minutes until squares are golden, hard enough, but still chewy.
6. Cool for few minutes before popping them out of the mold.

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