

Omega Banana Bread Protein Bites

(Baked, Dairy-Free) 🍌🔥

These baked banana bread protein bites are soft, naturally sweet, and packed with nutrients. Made with whole ingredients like oats, banana, and plant-based protein, they offer a satisfying, energy-boosting snack that's easy to prepare and ideal for a wide range of abilities.

Ingredients

- 2 cups rolled oats (blended into oat flour)
 - 1 ripe banana, mashed
 - ½ cup peanut butter or almond butter
 - ⅓ cup honey or maple syrup
 - ½–1 cup plant-based protein powder
 - ⅓ cup raisins or dried cranberries
 - ⅓ cup trail mix (nuts and/or seeds)
 - ¼ cup chia seeds (optional)
 - 1 teaspoon vanilla extract
 - 1–2 teaspoons cinnamon
 - 1 teaspoon baking powder
 - Pinch of salt
 - ~¼ cup water or plant-based milk (as needed)
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Instructions

1. Prepare the Oat Flour

Place the rolled oats in a blender and blend until a fine flour forms. Transfer to a mixing bowl.

2. Mix the Wet Ingredients

In a separate bowl:

- Mash the ripe banana until smooth.
- Add the peanut butter, honey (or maple syrup), and vanilla extract.
- Mix until fully combined.

3. Combine the Dry Ingredients

Add the oat flour, protein powder, baking powder, cinnamon, and salt to the wet mixture. Stir until well combined.

4. Add Mix-Ins

Fold in the raisins (or cranberries), trail mix, and chia seeds. This adds texture and creates a classic “banana bread” feel.

5. Adjust the Texture

If the mixture is too thick, add a small amount of water or plant-based milk. The dough should be thick and moldable—not runny.

6. Shape the Bites

- Roll the dough into small balls, or
- Press into mini muffin shapes

Place onto a lined or lightly greased baking tray.

7. Bake

Bake at **350°F (175°C)** for **10–15 minutes**, or until:

- The outside is slightly firm
- The inside remains soft and moist

Accessibility & Functional Movement Tips

This recipe can also support coordination, balance, and fine motor skills:

- **Blending & pouring:** Encourages controlled arm movement and stability
- **Mixing & folding:** Supports hand coordination and grip strength
- **Shaping the bites:** Improves fine motor control and precision
- **Placing on tray:** Promotes controlled reaching and balance

Progression Idea:

- Start seated or with breaks between steps
- Gradually increase time spent standing
- Work toward completing the full recipe with minimal support

Storage

- Store in an airtight container in the refrigerator for up to **5 days**
 - Reheat in the microwave for **10–15 seconds** to soften
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Why This Recipe Works

- **Cooked oats** support easier digestion
 - **Banana** adds natural sweetness and moisture
 - **Plant-based protein** helps support muscle maintenance and recovery
 - **Whole ingredients** provide lasting energy and satiety
 - **Batch-friendly** for easy meal prep
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Pro Tips

- **Softer, more bread-like texture:** Add extra banana or a splash of liquid
 - **Firmer, more bar-like texture:** Bake slightly longer
 - **Higher protein option:** Increase protein powder and add a bit more liquid to balance
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Disclaimer

This recipe is intended for general informational purposes and is not a substitute for professional dietary advice. Always consult with a healthcare provider if you have specific dietary needs or health conditions.

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