Apple-cinnamon oat bites without peanut butter

Small-batch ingredient card • Free, no signup or purchase.

Mix the small batch

Mash 1 ripe banana and stir in 1 cup rolled oats, 1/3 cup finely diced apple and 1/2 teaspoon cinnamon. Let stand 5 minutes. Add a spoonful of oats if too wet to scoop.

Bake the bites

Place 10 small mounds on a lined baking sheet and flatten lightly. Bake at 350°F for roughly 15–20 minutes until set and lightly browned, checking early because size and ovens vary.

Cool and store

Cool on a rack, then refrigerate in a covered food-safe container. Label ingredients and preparation date. No peanut butter is used, but this is not an allergen-free claim; check every ingredient and cross-contact.

Important

Use the ingredient card on page 2. Check ingredients and allergens, including cross-contact. Refrigerate perishable food promptly. For cold transport, use an insulated bag and at least two cold sources. USDA: ask.fsis.usda.gov/article/How-do-you-keep-a-bag-lunch-safe

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Batch date / time

Ingredient amounts or substitutions

Allergens to identify

Portions / container sizes

Refrigeration / transport plan

What to change next time

BATCH PLANNING NOTES