



Banana Bites

1/4 cup oat bran
1/4 cup almond flour
1 scoop vanilla protein powder
2 T peanut butter powder
2 T Greek yogurt, vanilla
1/2 small banana, mashed
4 sugar free Hershey's chocolate bar, finely chopped
2 T fat free milk

Mash ½ banana with fork.

In a medium mixing bowl, add the oat bran, almond flour, protein powder, and peanut butter powder and stir until mixed.

Add yogurt and banana; mix well. Add milk as needed to thin mixture.

Form mixture into small golf ball sized balls with your hands.

Coat balls with chopped chocolate.

Enjoy right away or refrigerate for 30 minutes to firm up. Makes 4 servings

Nutrition Information (per Serving): 115 Calories, 5g Fat, 12g Carbohydrates, 10g Protein, 3g Fiber 52mg Sodium

