

NO BAKE TRAIL MIX COOKIES

INSTRUCTIONS:

1. Line a cookie sheet with parchment or wax paper.
2. In a medium bowl, mash banana with a fork until no lumps remain.
3. Stir in remaining ingredients.
4. Measure out 1 tablespoon per cookie and roll into balls, place on lined cookie sheet and flatten slightly.
5. Chill for 30 minutes or until firm.

RECIPE NOTES:

1. Choose your favorite trail mix and roughly chop if you would like smaller pieces in your energy bites.
2. Using slightly wet hands will help prevent the dough from sticking as you roll out your bites.
3. Chill for at least 30 minutes and store leftovers in an airtight container between wax paper in the refrigerator.

Ingredients List

- 1 overripe banana
- 1 cup quick cooking oats
- ½ cup roasted and salted pumpkin seeds (pepitas) or sunflower seeds
- ½ cup dried cranberries or raisins
- ½ cup natural peanut butter, almond butter or sun butter
- ¼ cup miniature chocolate chips