

5-Ingredient Protein Dessert - Simple, Tasty & Naturally Sweet

Easy Baked Fruit & Nut Protein Bites



OVEN
360°F

TIME
12 min

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INGREDIENTS

- 1 cup (150g) rolled oats
- 1 cup (100g) raisins
- 1 cup (100g) walnuts
- 1 cup (100g) dried apricots
- 1 ripe banana, mashed

DIRECTIONS

1. Step 1: Preheat & Prepare: Preheat your oven to 360°F (180°C). Line a baking tray with parchment paper or lightly grease it.
2. Step 2: Blend or Chop: Roughly chop the walnuts and dried apricots. You can pulse everything in a food processor for a smoother texture, or just mix by hand for more bite.
3. Step 3: Mash & Mix: In a large bowl:
4. Mash the banana until smooth.
5. Add oats, raisins, chopped walnuts, and apricots.
6. Stir everything together until fully combined.
7. Step 4: Shape: Form the mixture into small balls or spoonfuls and place them on the baking tray. Flatten slightly with your hands or a spoon.
8. Step 5: Bake: Bake in your preheated oven for 10-12 minutes, or until lightly golden on top. Cool for a few minutes before removing from the tray.

SWAPS & NOTES

& Swaps Oats : Use rolled oats for the best chewy texture.

Walnuts : Feel free to sub with almonds, pecans, or even sunflower seeds for a nut-free version.

Raisins & apricots : Try mixing in dates, cranberries, or figs for variation.

Banana : Acts as both binder and natural sweetener-no need for eggs or sugar!

TIPS FOR SUCCESS

Use ripe bananas - the spottier the better for natural sweetness.

Add a pinch of cinnamon or vanilla for extra flavor.

Add a scoop of your favorite protein powder (just reduce oats slightly).

Let them cool completely before storing so they hold their shape.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/5-ingredient-protein-dessert-simple-tasty-naturally-sweet/>