

Banana Almond Bliss Bites

- 1) Preheat oven to 175°C.
- 2) In a bowl, mix until combined
 - ☐ 155g mashed banana
 - ☐ 66g finely ground almond flour
- 3) Scoop dough onto a lined baking sheet, spacing 5 cm apart.
- 4) Bake for 10–12 minutes, until edges are golden.
- 5) Cool before serving.



Banana Almond Harvest Crunch

- 1) Preheat oven to 175°C.
- 2) In a bowl, mix until combined
 - ☐ 400 g rolled oats
 - □ 101.79 g finely ground almond flour
 - ☐ 7.77 g mashed banana
- 3) Scoop dough onto a lined baking sheet, spacing 5 cm apart.
- 4) Bake for 10–12 minutes, until edges are golden.
- 5) Cool before serving.



Banana Oat Cocoa Crunch Bombshell

- 1) Preheat oven to 175°C.
- 2) In a bowl, mix until combined
 - ☐ 400 g rolled oats
 - ☐ 29.06 g mashed banana
 - ☐ 26.36 g cocoa powder
 - ☐ 7.83 g almond flour
- 3) Scoop dough onto a lined baking sheet, spacing 5 cm apart.
- 4) Bake for 10–12 minutes, until edges are golden.
- 5) Cool before serving.



Pumpkin Almond Harvest Crunch

- 1) Preheat oven to 175°C.
- 2) In a bowl, mix until combined
 - ☐ 400 g canned pumpkin
 - □ 60.28 g rolled oats
 - ☐ 41.09 g finely ground almond flour
 - □ 21.44 g oats
- 3) Scoop dough onto a lined baking sheet, spacing 5 cm apart.
- 4) Bake for 10–12 minutes, until edges are golden.
- 5) Cool before serving.



Raspberry Banana Oasis Cruncher

- 1) Preheat oven to 175°C.
- 2) In a bowl, mix until combined
 - □ 370.19 g freeze-dried raspberries
 - □ 22.1 g oats
 - □ 24.13 g finely ground almond flour
 - ☐ 4 g almond flour
 - □ 5 g mashed banana
- 3) Scoop dough onto a lined baking sheet, spacing 5 cm apart.
- 4) Bake for 10–12 minutes, until edges are golden.
- **5)** Cool before serving.

