



Recipe

Biked Goods Mini Muesli Bites

Portable, bite-sized bites filled with carbs for refueling

FROM

SERVINGS: 24 PREP TIME: 15 min

TOTAL TIME: 25 min

Ingredients

2-1/2 cup organic rolled oats

1/3 cup coconut sugar

1/3 cup sweetener (Honey, maple syrup)

1/3 cup coconut oil, melted

2/3 tsp vanilla extract

Add-Ins (Nuts, dried fruit, jam, nut butter)

Directions

Preheat the oven to 360 degrees. Lightly grease a 24 count mini-muffin pan. Pour 1 cup of rolled oats into a food processor. Process for about 1 minute until oats are pulverized into oat flour. Add in the remaining rolled oats, coconut sugar, and optional add-ins. Pour in sweetener, coconut oil, and vanilla extract. Pulse just until combined.

Fill each muffin tin about 3/4 way full. Bake in the oven for 10 to 12 minutes.

Remove pan from oven and let cool in pan on a wire cooling rack in the pan. Once completely cooled, remove from the pan and store in an airtight container for 4 to 5 days or in the freezer for longer.



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