

RECIPE

Trail Mix Breakfast Thumbprint Bites with Nutella®

Medium

45 min



INGREDIENTS

for 8 portions

- 1 cup (250 mL) mashed bananas
- 1/3 cup (75 mL) unsweetened applesauce
- 1/3 cup (75 mL) brown sugar
- 1 tsp (5 mL) vanilla extract
- 3/4 cup (175 mL) whole-wheat flour
- 1/2 cup (125 mL) large flake oats
- 1/2 tsp (2 mL) baking soda
- 1/4 tsp (1 mL) cinnamon
- Pinch salt
- 1/4 cup (60 mL) raisins
- 1/4 cup (60 mL) chopped natural almonds
- 1/4 cup (60 mL) chopped pecans
- 3 tbsp (45 mL) pumpkin seeds
- 1/3 cup (75 mL) Nutella®



To prepare this delicious recipe, 1 tsp of Nutella® per person is enough to enjoy!

STEPS

- 1 Heat oven to 350°F (180°C).
- 2 Stir together mashed bananas, applesauce, brown sugar and vanilla.
- 3 Whisk together whole-wheat flour, oats, baking soda, cinnamon and salt.
- 4 Stir into banana mixture until combined; stir in raisins, almonds, pecans and pumpkin seeds.
- 5 Drop by heaping tablespoonfuls onto parchment paper-lined baking sheet to make 16 bites. Bake for 10 to 12 minutes or until golden brown. Let stand on baking sheet for 3 to 5 minutes.
- 6 Using handle end of wooden spoon, press indentation into each bite. (Alternatively, let cool until you can use a thumb to make indentation). Let cool completely on rack.
- 7 Spoon about 1 tsp (5 mL) Nutella® into centre of each bite.

Tip: Add 1 tbsp (15 mL) flax seeds to batter if desired.