



✂ Snack ⏱ 30 min ☆ 3/5

Banana and Coconut Energy Bites

Give yourself a delicious boost with these energising healthy bites, made from all natural ingredients.

1

In a food processor, blend the banana until smooth. Add the cashew nuts, almonds and dates to this mixture and blend until combined.

2

Roll a tablespoon of the mixture into a ball between your hands, then put the desiccated coconut on a plate and roll the ball in it to coat.

3

Place on a parchment paper-lined baking tray. Repeat until the mixture is used, then transfer to the freezer to firm up for 20 minutes before serving.

INGREDIENTS FOR 2 PERSONS

1 ripe Chiquita Banana, with brown flecks on peel
120g unsalted cashews
120g unsalted almonds
10 pitted dates
60g desiccated coconut

NUTRITIONAL VALUES PER PERSON

116 kcal Calories
8.0g Fat
2.3g Saturates
8.4g Carbohydrate
4.1g Sugars
1.8g Fibre
2.5g Protein
0.0g Salt