



✂ Dessert ⌚ 35 min

## Chiquita Banana and Almond Pinwheel Cookies

These fun cookies are extremely easy to make – and are healthy too!

1

Preheat your oven to 180 degrees C and line a baking tray with parchment paper. Mash the bananas in a mixing bowl until smooth. Add the ground almonds, flour, sugar, cinnamon and nutmeg to the banana and stir to form a smooth dough. Divide the dough into two halves.

2

Sprinkle one half with the cocoa powder and knead until combined. Roll out both dough mixtures (use extra flour if needed) to 1.5cm thickness, dust off any excess flour and then place on top of each other.

3

Roll the dough into a sausage and then using a thin sharp

### INGREDIENTS FOR 2 PERSONS

2 ripe Chiquita Bananas, with brown flecks on peel  
150g Ground almonds  
5 tbsp buckwheat flour  
3 tbsp light soft brown sugar  
1 tsp ground cinnamon  
1 tsp ground nutmeg  
2 tsp cocoa powder

### NUTRITIONAL VALUES PER PERSON

120 kcal Calories  
6.5g Fat  
0.6g Saturates  
12.1g Carbohydrate  
5.2g Sugars  
2.6g Fibre  
3.3g Protein  
0.0g Salt

knife, cut into 0.5cm thick rounds. Arrange on the baking tray and bake for 25 minutes. Once cooked, remove the biscuits to a wire rack to cool completely before serving, or storing in an airtight container.