



✂ Snack ⏱ 30 min

## 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.



### 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

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.

