



✂️ 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