

Chocolate and Banana Bliss Balls

Serves 2-3 balls

Ingredients

- 1/2 cup of rolled oats
- 1/3 of a ripe banana
- 1 tsp low sodium peanut butter
- 1 tsp of cacao powder
- 1 tsp of shredded coconut pieces
- Splash of honey.



Method:

1. Crush the banana with a fork then mix in peanut butter, cacao & honey
2. Then add the rolled oats into the bowl and mix with a spoon
3. Roll into balls in your hands
4. Then role the balls in the shredded coconut.

Note

Enjoy 1-2 a day as part of a healthy balanced diet.

Preparation Time: Less than 10 mins



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