

Coconut Banana Energy Bites

12 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Unsweetened Coconut Flakes
1 Banana (small, very ripe)
1 tbsp Coconut Oil
1/3 cup Coconut Flour
3/4 tsp Cinnamon
1/4 tsp Ginger
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	122	Iron	1mg
Fat	10g	Vitamin D	0IU
Carbs	8g	Folate	2µg
Fiber	3g	Magnesium	3mg
Protein	1g	Zinc	0mg
Vitamin C	1mg		

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and arrange coconut flakes on a baking sheet. Bake for 8 to 10 minutes until golden brown and fragrant. Let cool.
- 02 Add toasted coconut flakes to a food processor and blend until a fine, moist crumb forms. Add the remaining ingredients to the food processor and blend until a ball of dough forms. If a ball hasn't formed, add an additional tablespoon of coconut flour and continue blending.
- 03 Scoop a tablespoon of dough out at a time and roll into a ball. Place rolled balls on a plate or in a container and place in the fridge to set for approximately 20 minutes. Enjoy!

NOTES

RECIPE ID 508

MORE FLAVOR

Add your favorite baking spices like nutmeg, clove, or vanilla extract.

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

SERVING SIZE

One serving is equal to one ball.