



Banana Chocolate Energy Balls

MAKES: 15 balls

INGREDIENTS:

- 1 very ripe banana, peeled and mashed
- 10 medjool dates, pitted and chopped finely
- ½ cup sultanas
- ½ cup desiccated coconut
- 3 tbsp cocoa
- 2/3 cup oats
- 3 tsp honey
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- ½ cup desiccated coconut , extra

METHOD:

1. Soak whole dates in hot water for 10 – 15 minutes. Remove seeds
2. Add dates and banana into a food processor, process on high speed for 10 -15 minutes to combine
3. Pour date mixture into a bowl, along with sultanas, coconut, cocoa, oats, honey, vanilla and cinnamon, mix to combine
4. Roll the mixture into small bite-sized balls and coat in the extra desiccated coconut
5. Store in the fridge for up to 1 week

