

4th of July Fudgesicles

Yield: 2 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/4th-of-july-fruit-kebobs-recipe>

Ingredients:

- 2 bananas peeled
- 1/2 cup canned coconut milk
- 2 dates pitted
- 3 tablespoons unsweetened cocoa powder
- 2 tablespoons honey
- 1 tablespoon nut butter or Sunbutter, choice
- 1 teaspoon vanilla extract
- 1 pinch salt
- 1/4 cup dark chocolate chips or Enjoy Life Chocolate Chips

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 69 grams
3. Fat: 12 grams
4. Fiber: 9 grams
5. Protein: 6 grams
6. SaturatedFat: 6 grams
7. Sodium: 190 milligrams
8. Sugar: 47 grams

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