

# Lamington Bites

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-lamington-recipe-south-africa>

## Ingredients:

- 1/2 cup dates pitted
- 5 1/8 tablespoons oats
- 1 1/8 cups shredded coconut
- 1/2 teaspoon vanilla
- 1 7/8 tablespoons coconut oil
- 4 3/4 tablespoons dark chocolate

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 42 grams
3. Fat: 16 grams
4. Fiber: 6 grams
5. Protein: 4 grams
6. SaturatedFat: 13 grams
7. Sodium: 65 milligrams
8. Sugar: 28 grams

---

Thank you for visiting our website. Hope you enjoy Lamington Bites above. You can see more 15 easy lamington recipe south africa You won't believe the taste! to get more great cooking ideas.