

Healthy Cookie Bites

Yield: 8 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/banana-coconut-recipe-indian>

Ingredients:

- 1 1/2 bananas large, ripe, mashed
- 1/2 teaspoon vanilla bean paste or 1 tsp vanilla extract
- 2 tablespoons coconut oil warm, or olive oil
- 1 cup rolled oats
- 1/3 cup almond meal ground almonds
- 3 tablespoons coconut finely shredded & unsweetened
- 1/2 teaspoon cinnamon
- 1/4 teaspoon fine grain sea salt
- 1/2 teaspoon baking powder
- 1/3 cup chocolate chips or dark chocolate bar chopped

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 17 grams
3. Fat: 8 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 100 milligrams
8. Sugar: 7 grams

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