



CHOC CHIP BANANA BREAD BALLS

These are little morsels of delicious raw banana bread cookie dough with chunks of chocolate.

They are a cheap snack, made with some key pantry ingredients. The only equipment needed is a blender - no cooking required! Instead of making a banana cake to use up old brown bananas, make a big batch of these.

SERVES:

12

PREP TIME:

20 minutes

FREEZER LIFE:

Up to 3 months

INGREDIENTS:

- 1 ¼ cups rolled oats (use buckwheat groats if gluten free)
- 1 cup shredded coconut
- 1 ripe banana, peeled
- 3 tbsp honey
- 1 tbsp peanut butter
- ½ tsp ground cinnamon
- ½ tsp vanilla bean paste or vanilla extract
- Pinch of salt
- 50 grams dark chocolate, roughly chopped

METHOD:

1. Put the rolled oats and coconut into a food processor or blender. Blend at a high speed until the mixture is similar to flour.
2. Add the remaining ingredients except for the chocolate chunks and blend until the mixture forms a dough.
3. Add the chocolate chunks to the dough and stir through.
4. Use your hands to press and shape the dough into balls.
5. Place the balls in the freezer to set for at least 30 minutes, then remove.
6. Store the balls in an airtight container in the freezer for up to 3 months.

TIME SAVER TIP:

You can make this recipe into a slice rather than balls to save yourself time. Line a slice tin with baking paper and press the dough into the tin. Flatten with the back of a spoon to create a smooth, flat surface. Once the slice is set, cut into bars.

HOW WOULD YOU MAKE THIS RECIPE FOR YOUR WHĀNAU?

1. What would you serve this snack with to help work towards your 5+ A Day?
2. What ways could you adapt this recipe if you don't have all the ingredients at home?