



No Bake Banana Bread Bites

Prep Time: 10 minutes

Yield: 20-24 balls

Ingredients

½ cup almonds
½ cup walnuts
1 cup pumpkin seeds
1 cup old-fashion rolled oats
½ cup banana chips
1 large ripe banana
2 tablespoons honey
2 teaspoons cinnamon
¼ teaspoon sea salt
¼ teaspoon almond extract, optional

Preparation

1. Add all ingredients to a food processor. Process on high, until the nuts are ground up and the ingredients are completely combined. Mixture should stick together.
2. Use a cookie scoop to portion the mixture out onto a cookie sheet. Roll into a ball and store in a container in the fridge for up to 5 days.

Chef's Note: For better texture, toast oats at 350 F for 10 minutes. Remove from oven and process oats and cinnamon together until moderately ground. Add to medium size bowl. Then process almonds, walnuts and pumpkin seeds together add to oats. Process banana chips until moderately course and add to oat-nut mixture. Add banana, honey, sea salt and almond extract (if using) to the mixture and mix together by hand. Refrigerate mixture for 10-15 minutes then roll into small balls and refrigerate.

Recipe provided by Chef Teresa Hansen www.chefhansen.com