

Choco-Banana Protein Bites

A RECIPE BY LANCHANA GREEN

Ingredients

- 1 x banana (mashed)
- 50g vanilla whey protein
- 60g oats
- 2 tbsp almond butter

Then to coat:

- 100g dark chocolate
- 1 tbsp coconut oil
- sea salt
- chili flakes (optional)

Makes approx 16 bites.

Directions

- Combine banana, oats, almond butter and protein powder.
- Line a baking dish with greaseproof paper, spread the mixture out in a square/rectangle then freeze for 1-2 hours.
- Melt the chocolate and coconut oil together.
- Cut the banana/oat mixture into squares then dip into the chocolate/oil mixture, it can get a bit messy but a pair of tongs works wonders.
- Sprinkle each square with sea salt and chili if using and chill in the fridge for approx 30 mins.!

PROTEIN: 5G FATS: 5G CARBS: 11G CALS: 110 PER SERVING