



## Banana Bread Bliss Balls

Serving: 1

Veg

### *Ingredients*

- -2 small bananas mashed
- -1 tbsp honey
- - Pinch of cinnamon
- -2 cups of rolled oats
- -crushed walnuts for rolling in
- -1 tsp Coconut oil

### *Preparation Method*

- Mash the bananas and add all the ingredients, except the oats and walnuts. Once well combined, blitz the oats and the wet mixture together until completely combined. Pop the mixture into the freezer to firm up. You don't want it frozen, just firm enough so you can roll them. Roll into generous teaspoon sized balls, and then roll in crushed walnuts. Pop in the fridge or freezer to store.