



No-Bake Coconut & Banana Lentil Energy Bites

Recipe Provided By: Canadian Lentils

Recipe Source: Cookspiration.com

Recipe Info

Prep Time: 5 Minutes

Total Time: 25 Minutes

Servings: 25-30 bites

Ingredients

1 cup (250 mL) coconut flakes, unsweetened

¼ cup (60 mL) sunflower seeds, unroasted, unsalted

½ tsp (2 mL) ground cinnamon

½ cup (125 mL) mashed ripe banana, approx. 1 whole

½ cup (125 mL) cooked green lentils

3 Tbsp (45 mL) honey

¼ cup (60 mL) mini chocolate chips, or chopped chocolate

1 Tbsp (15 mL) coconut oil, melted (not hot)

½ cup (125 mL) coconut flour

Instructions

Step 1

Place coconut flakes, sunflower seeds, cinnamon, banana, lentils, and honey into a food processor. Pulse until smooth, scrape down the sides and pulse again. Transfer to a bowl using a spatula.

Step 2

Stir in chocolate chips and oil until fully incorporated. Stir in the coconut flour until fully combined.

Step 3

Roll into bite-size balls, about 1 Tbsp (15 mL) in size. Cover and refrigerate or freeze for 5-10 minutes. The bites will become more solid and ready to eat. Store in an air tight container in the fridge to snack on during the week, or freeze until you are ready to nibble.

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