

## No Bake Banana Coconut Caramel Energy Bites



### SIZE

For 4-6

### PREPARATION

10 min

### DIFFICULTY



Level 1



## Ingredients

- $\frac{1}{2}$  cup pitted dates, roughly chopped
- $\frac{1}{4}$  cup not just caramel, plus more for drizzling
- 1 ripe banana
- $\frac{3}{4}$  cup rolled oats
- 2 Tbsp nut butter of choice
- 2 Tbsp flax seeds
- $\frac{1}{4}$  tsp salt
- $\frac{1}{2}$  cup unsweetened shredded coconut

## Process

1

**In a food processor or blender, pulse the dates, not just caramel, and banana until the dates are finely chopped and a wet paste is formed. Add the oats, nut butter, flax seeds, and salt, and blend until fully incorporated and a slightly thicker paste is formed.**

2

**Carefully scoop the paste out of the food processor or blender into a ziplock bag or small bowl**

**and place in the freezer about 30 minutes.**

**3**

**Once solid enough to handle, add the coconut to a small bowl, and wet your hands with cold water. Form the batter into 8 balls, and roll into the coconut to fully coat, wetting your hands with cold water as needed to prevent stickiness. Drizzle with more caramel**