



## Banana Bites



### SHOPPING LIST

- ☐ 1 Ripe Banana
- ☐ 1/4 cup Almond Flour
- ☐ 1/4 cup Coconut Flour
- ☐ 2 Tbsp. Almond Butter
- ☐ 2 tsp. Honey
- ☐ 1 tsp. Pure Maple Syrup
- ☐ 1/4 tsp. Nutmeg
- ☐ 1 Tbsp. Coconut Sugar
- ☐ 2 tsp. Cinnamon, separated

### INSTRUCTIONS

- ☐ Mash banana in a large bowl and stir in almond butter, maple syrup, and honey.
- ☐ In a separate small bowl, stir together almond flour, coconut flour, nutmeg, and 1 tsp. of cinnamon.
- ☐ Add dry ingredients to wet ingredients and stir until a dough forms.
- ☐ Separate dough into 12 – 14 evenly sized balls.
- ☐ In a shallow bowl stir together coconut sugar and remaining 1 tsp. of cinnamon.
- ☐ Roll each dough ball in cinnamon sugar mixture.
- ☐ Serve, or store in an airtight container in the refrigerator.