



Banana Bread Energy Balls

No-bake energy balls · Makes 12



Ingredients



Oat flour
½ cup



Instant oats
½ cup



Banana
1, mashed



Cookie butter
1 tbsp



Coconut
¼ cup,
desiccated



Honey /
maple syrup
2 tbsp



Cinnamon
Pinch

⚠ Allergen: wheat

Instructions

1

Combine all ingredients

Mix with hands in a bowl until a dough forms

2

Adjust consistency if needed

If too wet, add more oats or oat flour

3

Roll into 12 bite-sized balls

Use about 1 tablespoon of dough per ball

4

Chill to set

Place in the fridge for 20–30 minutes

⌚ Chill time
20–30 min

Nutrition

Whole recipe
777 cal
14.5g protein

Per ball (+12)
65 cal
1.2g protein

