

Fun Recipes



Frozen Banana Yogurt Bites

PREP: 5 minutes

TOTAL: 2 hours

YIELD: 12 bites

Ingredients

1 large ripe banana
1 6 oz natural yogurt
Handful dried banana chips

Method

Line cupcake tray with liners.

Peel the banana and mash it up.

Mix the banana with the yogurt.

Use a spoon to drop some yoghurt mixture into each cupcake case, about 1/2 way full.

Put some banana chips into each cup and press them into the yogurt with your fingers.

Freeze for 2 hours or until solid.

Pop out of the tray and serve.



No-Bake Peanut Butter & Oatmeal Bites

PREP: 5 minutes

TOTAL: 25 minutes

YIELD: 2 servings

Ingredients

1 cup oats
2/3 cup toasted shredded coconut
1/2 cup peanut butter
1/2 cup mini chocolate chips
1/3 cup honey
1 Tbsp. chia seeds

Method

Combine all ingredients in a large bowl.

Roll and compress the mixture into 1 inch rounds and place on parchment paper.

Refrigerate for a few minutes until firm and then transfer to an air tight container.

Refrigerate and enjoy for up to one week.