

# 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.