

Banana Soft Centre Fun Balls

I Love Fun Balls. They are quick and easy to make, the kids love them and they are a great treat food to have around. They are the perfect energy lunch box food.

I adapted this recipe from my amazing Naturopath Gabriela Rosa's recipe for Banana Cream Pie Bliss Balls. I changed the recipe to make it school friendly and I think they still taste just as good. And so do my 2 children - bonus!

Ingredients

- 1/4 cup pepitas
- 1/4 cup sunflower kernals
- 1/2 cup coconut flakes
- 1 medium banana
- 2 medjool dates (pitted)
- 1/2 cup coconut oil
- Cinnamon to taste
- Finely shredded coconut for coating balls

Directions

1. Blitz pepitas, sunflower kernals & coconut flakes until it resembles a smooth flour
2. Add all the other ingredients
3. Blend until smooth and creamy.
4. Put in the freezer for 10-15 minutes
5. Take it out of freezer, roll it into fun sized balls and then roll them in the coconut



Tip

Soak your dates in a little warm water for about 5 minutes before you need them. This will soften them up and help them blend easier.

Another 2 ways from this recipe.

- Add some mashed avocado and cacao powder to make a Banana Choc Mousse Soft Centre
- Change out the mashed banana for roasted sweet potato (orange variety)