

# Chocolate Banana Fudge



GF

This is a great 'sweet' snack but packed with protein because it's made on chick peas.

## How we'll use it this week

- Healthy Snack Option

## Ingredients

- 1/2 cup melted coconut oil
- 1 tblspn cacao
- 1/4 cup + 1 tblspn rice malt syrup
- 400g can chickpeas
- 1/4 cup natural Greek yoghurt
- 1/4 cup dessicated coconut
- 1 banana mashed
- 1 egg
- 2 tblspns chia seed



## Directions

1. Preheat oven to 180 degrees. Line a lamington tin with baking paper.
2. Over medium heat, mix coconut oil, cacao and 1 tblspn rice malt syrup until combined and rice malt syrup has melted into mix. Remove from heat.
3. In your food processor, blitz your chickpeas until not quite smooth (not many chunks).
4. Add yoghurt, coconut, rest of rice malt syrup, mashed banana and egg. Process until just combined.
5. Add chocolate mixture from saucepan and chia seeds to the mixture and mix until just combined.
6. Let mix sit for 10 minutes.
7. Pour into lamington tin.
8. Bake in oven for 30-35 minutes til looks just set. Allow to cool, then cut into squares.

*BONUS: Plenty to Mum & Dad too*

## Freezing / Storing Instructions

Store in an airtight container with baking paper underneath and over the top. Will last 1 month.

## Another 2 ways to use this recipe

- Top with some melted chocolate.
- Top with raspberry chia jam turned jelly.