



# Banana Oatmeal Chocolates

45 minutes

Hands on

30

Portion(s)

1

Difficulty



## Ingredients

- 4 bananas (330 g)
- 100 g condensed milk
- 200 g oats
- 50 g grated coconut
- 50 g almond slivers
- 50 g pumpkin seeds (without outer shell)
- 50 g black raisins
- 200-300 g dark chocolate couverture

## Διατροφικός πίνακας

Nutrition information per portion

|                           |                         |                             |                            |
|---------------------------|-------------------------|-----------------------------|----------------------------|
| 145<br>Calories<br>(kcal) | 7.7<br>Total Fat<br>(g) | 3.9<br>Saturated<br>Fat (g) | 15.0<br>Total<br>Carbs (g) |
| 7%                        | 11%                     | 20%                         | 6%                         |
| 8.1<br>Sugars<br>(g)      | 3.1<br>Protein<br>(g)   | 2.0<br>Fibre (g)            | 0.02<br>Sodium<br>(g)      |
| 9%                        | 6%                      | 8%                          | 0%                         |

## Method

- Use a fork to mash the bananas in a bowl.
- Add 100 g condensed milk and stir to combine.
- Add the oatmeal, pumpkin seeds, raisins, coconut and almond slivers. Mix.
- Refrigerate for 30 minutes to chill.
- When ready melt the chocolate in a metallic bowl over a [pot](#) full of simmering water (bain marie). You can also melt it in the microwave.
- Use a small spoon to pick up spoonfuls of the mixture and shape into small balls with your hands.
- When you have made all of the mixture into balls, dip them into the melted chocolate and set on a wire rack until chocolate cools and sets.