



Banana Oatmeal Chocolates

45 minutes

Hands on

30

Portion(s)

1

Difficulty



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.

Ingredients

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

Διατροφικός πίνακας

Nutrition information per portion

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