



FRONTE FAMILY BANANA ENERGY BALLS

BY CHEF MIKE FRONTE

VEGAN
YIELDS 2 SERVINGS

These are the perfect grab-and-go afternoon, after-school or workout snack! These balls of deliciousness take almost no time to make.

Nutrition Facts*

Calories	175cal
Protein	3g
Total Fat (0g trans fat)	9g
Carbohydrates	21g
Sugar	7g
Sodium	2mg

Nutritionist Approved

This recipe is amazing for everyone: it's easy to follow. It freezes well and allows for a healthy alternative when craving something sweet. It has no added sugar as it is sweetened with bananas, making it a perfect treat!

*This nutrition information is provided as an estimate only, and individual results may vary due to natural fluctuations in fresh produce or with product choices.

INGREDIENTS

Base

- 1 large ripe banana
- 1 cup rolled oats

Optional add-ins

- Walnuts
- Chocolate chips
- Shredded coconut (a Fronte family fave)
- Blueberries
- Apples
- Cinnamon

METHOD

- 1 Preheat oven to 350 degrees F.
- 2 Mash bananas with fork until smooth.
- 3 Add in all dry ingredients and mix together.
- 4 Roll dough by hand into golf-ball-sized portions.
- 5 Place on a baking sheet and bake for 30 minutes.

