

## Banana Lentil Oat Energy Bites



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**Recipe makes:** 18 to 20 servings (1 energy bite per serving)

**Preparation time:** 20 minutes

**Cook time:** 0 minutes

**Equipment:** one set of measuring cups, one set of measuring spoons, one large mixing bowl, one medium mixing bowl, one metal spoon, one metal fork, one plate or airtight container

## What you need to make this recipe:

- 1 cup quick cooking oats
- ¼ cup unsweetened shredded coconut
- 2 tablespoons of ground flaxseed or ground chia seed
- ¼ cup mini semi-sweet chocolate chips
- 1 ½ small bananas or 1 large banana, peeled and mashed
- ½ cup canned lentils, drained and rinsed
- ¼ cup real maple syrup
- 1 teaspoon vanilla extract

## How to make Banana Lentil Oat Energy Bites:

1. Put the oats, coconut, chocolate chips, and ground flaxseed or ground chia seed in a medium mixing bowl. Stir together until combined.
2. Put the banana and red lentils in a large mixing bowl. Using a fork, mash the banana and lentils together until smooth.
3. Add the maple syrup and vanilla to the banana mixture. Using a spoon, stir until combined.
4. Add the oat mixture to the banana mixture. Using a spoon, stir until combined.
5. Let the energy bite mixture sit for 5 to 10 minutes. This will help the energy bites stick together.
6. Roll 1 tablespoon of the energy bite mixture into a ball using the palms of your hands. If serving now, put the energy bite on a plate. If serving later, put the energy bite in an air-tight container.
7. Repeat Step 6 until all the energy bite mixture has been used.

Nutrition Facts	
Per 1 serving (1 energy bite)	
Calories 70	% Daily Value*
<b>Fat</b> 2 g	3 %
Saturated 1 g	5 %
+ Trans 0 g	
<b>Carbohydrate</b> 12 g	
Fibre 2 g	7 %
Sugars 6 g	6 %
<b>Protein</b> 2 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 10 mg	1 %
Calcium 10 mg	1 %
Iron 0.5 mg	3 %
Vitamin A 0 µg	0 %
Vitamin C 1 mg	1 %
* 5% or less is a little, 15% or more is a lot	
<b>Nova Scotia School Food and Beverage Standard:</b> Moderate	

## Allergy information:

Contains banana.

May contain wheat, gluten, and milk.

## About this recipe:

Lentils contain fibre. Getting enough fibre in your diet can help keep your digestive system healthy.

## Substitutions:

To make this recipe wheat- and gluten-free, use certified gluten-free oats, ground flaxseed or chia seeds, chocolate chips, and lentils.

To make this recipe milk-free, use milk-free chocolate chips.

## Storage information:

Store the energy bites in an airtight container in the fridge for up to one week or in the freezer for up to 3 months.