

Bake-Free Chilled Banana-Pumpkin-Coconut Balls

Difficulty Level: Easy

Ingredients:

1 ripe banana
½ cup pure pumpkin puree
1 cup coconut flour
2 Tbsp melted coconut oil
1 tsp ground cinnamon
Lots of love*

Directions:

Line baking sheets with parchment paper.

Mash banana in large mixing bowl. Fun!

Mix everything else together in the mixing bowl with the banana.
Use the mixture to form small balls, about 1.5 inches to 2 inches in diameter.

Place balls about 2 inches apart on the lined baking sheets.

Use the palm of your hand to smash the balls flat! More Fun!

Place in the refrigerator for an hour to set.

After one hour, they are ready to serve and enjoy!

*Unlimited amounts of love can and should be added throughout this process! It will make the treats taste better!

