



Banana-Cashew Balls

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



22 min.

SERVINGS



10

CALORIES



60 kcal

SIDE DISH

Ingredients

- 1 banana
- 1 tablespoon flaxseeds
- 2 medjool dates pitted
- 3 tablespoons oats quick (regular or oats)
- 1.5 ounce cashew pieces raw
- 0.3 vanilla pod split

Equipment

- food processor

microwave

Directions

- Cut the banana into slices about 3/4-inch thick and place them on a microwave-safe plate. Microwave on 60% power for about 7 minutes, until most of the moisture has boiled out of the banana: Scrape the banana off the plate while it is still hot (makes cleanup easier) and allow to cool. Pulse the cashews in the food processor until coarsely ground.
- Add the flax seed and oatmeal and pulse a few more times.
- Add the banana and dates, and scrape the seeds from the vanilla bean into the processor. Blend into a thick paste. Moisten your hands. Scoop up the paste by heaping teaspoons and form into small balls.
- Place each one on a plate, not touching. Cover and keep refrigerated.

Nutrition Facts

 **PROTEIN 8.81%**  **FAT 34.57%**  **CARBS 56.62%**

Properties

Glycemic Index:17.7, Glycemic Load:2.29, Inflammation Score:-1, Nutrition Score:2.7052174016185%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 59.63kcal (2.98%), Fat: 2.48g (3.81%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 7.91g (2.88%), Sugar: 4.92g (5.47%), Cholesterol: 0mg (0%), Sodium: 1.03mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Manganese: 0.22mg (10.93%), Copper: 0.14mg (6.94%), Magnesium: 26.98mg (6.74%), Fiber: 1.21g (4.84%), Phosphorus: 45.45mg (4.55%), Vitamin B6: 0.08mg (3.98%), Potassium: 118.29mg (3.38%), Vitamin B1: 0.05mg (3.34%), Iron: 0.5mg (2.77%), Selenium: 1.83µg (2.61%), Zinc: 0.39mg (2.57%), Vitamin K: 1.74µg (1.66%), Folate: 5.59µg (1.4%), Vitamin B5: 0.14mg (1.37%), Vitamin C: 1.05mg (1.28%), Vitamin B3: 0.25mg (1.23%), Vitamin B2: 0.02mg (1.04%)