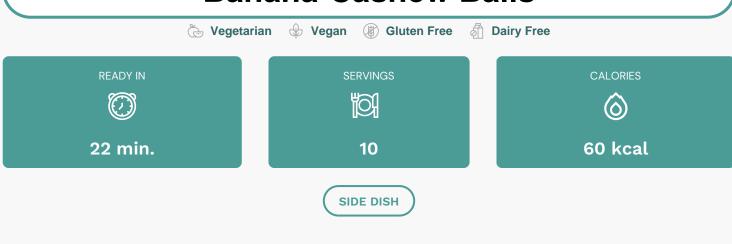


Banana-Cashew Balls



Ingredients

i banana	
1 tablespoon flaxseeds	
2 medjool dates pitted	
3 tablespoons oats quid	k (regular or oats)
1.5 ounce cashew piece	s raw
0.3 vanilla pod split	

Equipment

food processor

Ш	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

¬ microwaya

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: Omg (0%), Sodium: 1.03mg (0.04%), Alcohol: Og (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%)