

Keto Pineapple Lumps & Perky Nana Bites

RECIPE BY @ELLE_HERSELF

MAKES APPROX 64 BITES (32 OF EACH FLAVOUR)

PINEAPPLE & PERKY NANA BITES:

- 3 egg whites
- 1 tsp cream of tartar
- 1/2 cup powdered Natvia
- 4 tbsp powdered gelatine
- 1/4 cup cold water
- 3/4 cup boiling water
- VitalZing Banana Milk Drops (for Perky Nana)
- VitalZing Pineapple Water Drops (for Pineapple Lumps)

CHOC COATING:

- 100g 85% Lindt
- 3 tbsp coconut oil

1. In a saucepan, combine gelatine and the 1/4 cup of cold water. Tilt the saucepan so that the water coats all of the gelatine. Leave it to the side to firm up.

2. In a large bowl, add the egg whites and whisk with a beater until stiff peaks appear. Slowly sprinkle in the 1 tsp of cream of tartar. Keep whisking so that the mix firms up more. Slowly add in the powdered Natvia, continue whisking.

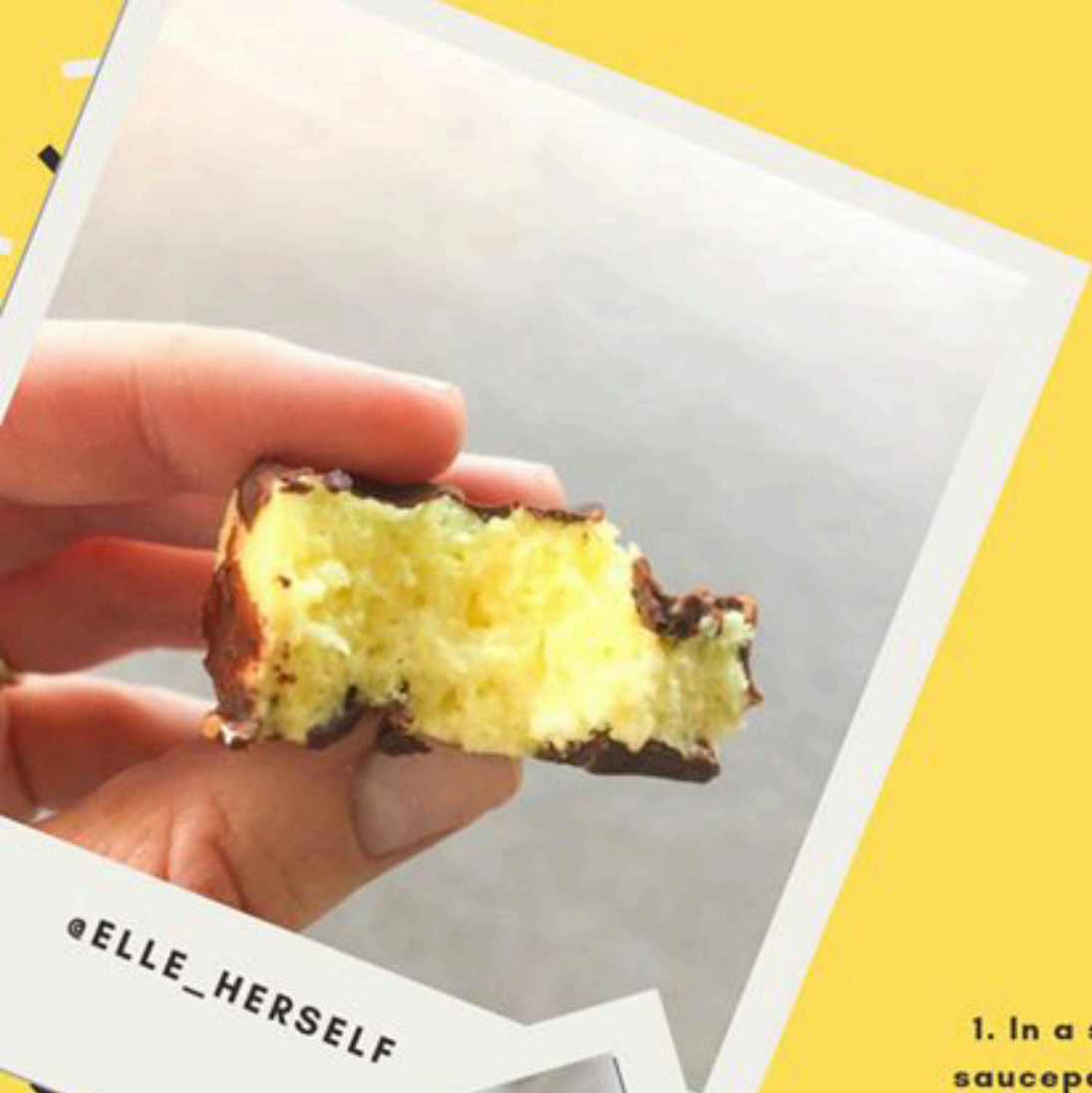
3. If making two flavours, divide your egg mix into two bowls and add in your flavour drops. I added a LOT approx 15 drops in each to have a strong flavour. **NOTE:** I also added in a drop of yellow food colouring, as the pineapple flavour drops are colourless.

4. Add in the 3/4 cup boiling water to the gelatine and stir until dissolved. Slowly pour 1/2 into each of the egg mixes and continue whisking.

5. Pour mix into a baking dish lined with baking paper to set in the fridge for approx 3 hours. Once set, cut up and coat with the melted Lindt chocolate & coconut oil mix!

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