



SELENO HEALTH





cacao brownie bites



Ingredients

- 2 medium ripe bananas
- 1 medium avocado
- 2 tbsp coconut oil
- 1/2 tsp pure vanilla extract
- 1/4 cup Seleno Health cacao powder
- 1 cup quick or old-fashioned oats
- 1/4 cup Seleno Health cacao nibs
- 1/4 cup chia seeds
- 8 Medjool dates pitted & chopped
- Cacao powder and coconut flakes for coating (optional)

In a medium bowl, add bananas, avocado, coconut oil and vanilla; mash with a masher until smooth. Add remaining ingredients and mix until well combined.

Scoop some dough and roll into a golf size ball between the palms of your hands. If desired, spread coatings on plates and roll bites in them. Place in storage container and repeat!

Refrigerate in a glass airtight container. Enjoy chilled or thawed from a freezer!

