

Banana Bread Bites (GRIP 21DSD)

INGREDIENTS:

- 1 green-tipped banana
- ¼ cup coconut flour
- 1 egg
- 1 T room temperature butter
- ½ tsp. vanilla
- Optional sprinkling of shredded coconut for tops

PROCESS:

- Preheat oven to 350 degrees
- Mash the banana with the butter, using a fork
- Add the egg and vanilla and combine well
- Add the coconut flour and continue mashing until a dough forms
- Scoop about 1 T and roll into a ball
- Place on a parchment lined baking sheet and gently press with the palm of the your hand to create a cookie shape
- Top with shredded coconut and bake for 12-15 minutes.

*make about 12 small cookies

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