

Super healthy Banana "bread" people

Ingredients:

Makes 12

1 1/2 cup almond meal
1/3 cup shredded coconut
2/3 cup organic dried figs
1 tbsp date paste, or 3- 4 dates
1 heaping tbsp coconut butter
1 tbsp coconut oil
2- 3 tbsp filtered water
1/4 tsp cinnamon
pinch salt

* 2/3 cup organic dried banana chips

- Place all ingredients (except dried banana) into a food processor fitted with the S blade and process until ingredients form a sticky ball.
- Add the dried banana chips and pulse a few times.
- Remove from food processor and form into a loaf.
- Roll flat with a rolling pin. Then use cookie cutters to create the desired shapes.
- You could play around with a cashew & coconut butter based frosting or use seeds to create faces and buttons if you wish.
- Place cookies on a sheet of baking paper. For the best result, let sit them in the fridge overnight to firm.
- Transfer to an airtight container and store in the fridge.

Enjoy!

