



Almond Butter Banana Bonbons

Healthy sweet nibbles for a dreamy sleep

1 medium banana

1/4 cup smooth almond butter

2 Tablespoons pure honey

1/16 teaspoon salt

1-1/2 cups quick oats (not instant)

1/4 cup sliced toasted almonds, chopped

1/4 cup chopped fresh cherries

Toppings: Crushed dehydrated dark chocolate coated cherries; unsweetened coconut

- In a medium sized bowl, mash the banana with a potato masher thoroughly. Mix in almond butter, honey, and salt.
- Stir in oats, chopped almonds, and cherries until thick mixture forms.
- Place in the refrigerator for about 1 hour to make the mixture easier to form.
- Form the mixture into 12 small balls.
- Roll half of them in crushed dehydrated cherries and the remaining half in unsweetened coconut. Serves: 12

Cook's Note: I purchased (Simple Truth) freeze dried cherries in dark chocolate and used a coffee grinder to grate the dehydrated cherries.
I only used about 4 or 5 cherries from the package.

Recipe Inspired by: Tiffany La Forge Almond butter banana bites

About the Recipe: This recipe creates two different snacks with one basic mixture, a chocolate cherry coated one and coconut crusted balls. The filling combines sweet bananas, almond butter, a touch of honey, and healthy oats. What a great way to enjoy healthy snacks and improve your sleep!

Why are these snacks real powerhouses?

Bananas are potassium-rich and almonds contain magnesium, calcium, and melatonin, which can promote relaxation and help regulate your sleep cycle. Honey is used as a sweetener and helps to produce melatonin. Tart cherries also contribute to melatonin and contain tryptophan, an amino acid that plays a role in serotonin production, which promotes relaxation and sleep.