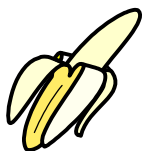
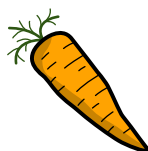




## Banan-chokladbollar med morot



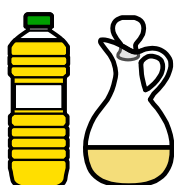
1 mogen banan



1 dl riven morot



2 dl havregryn



½ dl rypsolja



2 msk kakao

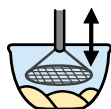


1 dl kokosflingor



Skala

och



mosa



bananen.



Skala

och



finriv



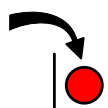
morot.



Mät upp

alla

ingredienser



i

en



skål.



Knåda ihop till en smet.



Gör bollar

av



smeten

och



rulla

dem i

kokosflingor.

