



Ingredients:

2 large ripe bananas (with brown spots)

1 large egg

1/8 th cup coconut flour (half a 1/4 cup)

1 oz melted butter or coconut oil

desiccated coconut (approx. 1 cup)

Method:

In a bowl, mash the bananas using a fork.

Stir in the egg , coconut flour and melted butter.

Then start to add in the desiccated coconut. Stir as you add and stop when the mixture becomes scoopable,

Place 12 dessertspoon scoops of the mixture on a lined baking tray.

Bake Gas 4, 360 F. and 180 C./160. fan for 20 -25 mins or until golden brown and firm.

Keep in an airtight container in the refrigerator.