

Cherry Banana Chocolate Haystacks

Want something that's sweet, satisfying and gut-healing?
Try out these Cherry Banana Chocolate Haystacks!

Dark chocolate and tart cherries provide powerful antioxidants, while you get some good-for-your-gut fibre from rolled oats, quinoa, bananas, coconut, and **CanPrev's Fibre Feel**.

Make a batch and enjoy these healthy treats all week long!



Preparation time: 30 mins | Servings: 12



Ingredients

- 3 ripe bananas
- 2 cups shredded coconut, unsweetened
- 1 cup rolled oats
- 1 cup quinoa, cooked & cooled
- ½ cup maple syrup
- ½ cup dark chocolate chips
- ¼ cup tart cherries, chopped
- ¼ cup cacao powder
- 1 tsp vanilla extract
- ⅛ tsp salt
- 2 scoops Fibre Feel Powder
- 1 scoop Myco10 Powder (optional)

Method

1. Preheat oven to 375 degrees Fahrenheit, and line a baking sheet with parchment paper.
2. In a medium bowl, mash bananas with quinoa, vanilla, and maple syrup. Once well combined, stir in remaining ingredients one by one, with chocolate chips and tart cherries added last.
3. Scoop into tablespoon-sized mounds and drop onto your baking sheet.
4. Bake for 22-24 minutes, and remove from oven. Let the haystacks cool and firm up before removing from baking sheet. Enjoy!

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As a Certified Holistic Nutritionist and Certified Fitness Trainer, Krista is a strong believer in the power of real food along with high-quality supplements to live a healthy lifestyle.

