

Mini Banoffee Cups with Unsweetened Cocoa

YIELD: 4 SMALL CUPS

INGREDIENTS:

- 2 ripe bananas (250g)
- 300g plain unsweetened Greek yogurt
- 100g whole grain cookies
- 40g melted butter
- 80g dulce de leche
- 10g unsweetened cocoa powder

Instructions:

1. Crush the cookies and mix with the melted butter. Distribute evenly at the bottom of each cup.
2. Slice the bananas and layer them over the crust.
3. Add a tablespoon of dulce de leche to each cup.
4. Top with Greek yogurt.
5. Dust with cocoa powder right before serving.



Nutritional information (approx. per serving):

310 kcal | 7g protein | 14g fat | 36g carbohydrates | 3g fiber