

Tangy Lemon & Coconut Balls

DFV

If you’re a fan of lemon, the tangy taste and the texture of these little treats will make them almost addictive. Once again, you might need a bit of restraint to keep from going beyond one serving.

Serves	12	Per serve (1 ball)
Prep time	15 minutes	Carbs 4.2 g
Cook time	5 minutes	Protein 2.2 g
Difficulty	●●●	Fat 17.5 g
		Energy 183 Cal

INGREDIENTS

For the lemon & coconut balls:

- 1 cup almond meal
- ½ cup shredded coconut
- ½ cup melted coconut oil
- 2 tbsp honey (or use Natvia or an equivalent sweetener)
- zest of 1 lemon
- juice of 3 lemons
- 1 tsp vanilla extract
- pinch of salt

To coat:

- desiccated coconut or
- chopped pistachios

METHOD

Place all the ingredients for the balls in a food processor and pulse until the mix comes together.

Scoop tablespoon amounts out and roll into balls. Roll the balls in the coconut or pistachios to coat them and transfer to a tub with a tight-fitting lid. Store in the fridge for up to 2 weeks or freeze for up to 1 month.

