



Coco-Nutty Balls

These are a delightfully chocolatey and coco-nutty mid morning or mid-afternoon (after-school) treat. To be stored in the fridge or freezer.

2 ½ cups shredded unsweetened coconut
½ cup coconut oil
½ cup raw cashews
4 tbsp pure maple syrup
4 tbsp raw cacao powder
1 tsp vanilla extract
Pinch of salt

1. Blend the shredded coconut in a food processor until the coconut is fine and slightly oily. (My nutri-bullet worked fine)
2. Add the coconut oil and nuts and blend until the nuts are finely chopped.
3. Add the rest of the ingredients and blend until mixed together. A few nut chunks are fine and add texture.
4. Scoop out with a spoon and roll into balls and place onto a lined baking tray or plate.
5. Freeze for 30 minutes or store in an airtight container in the freezer.

Modified recipe from the Organic Dietician