



Recipe Preparation for: Lemon Coconut Snowballs (DF)(VG)(GF)

INGREDIENTS:

- 3 tea spoon Chia seed
- 32 1 date, pitted Dates, medjool
- 1 1 lemon yields Lemon juice, raw
- 2 1 tablespoon Lemon peel, raw
- 0.5 1 cup Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged
- 0.5 1 cup, shredded Nuts, coconut meat, dried (desiccated), sweetened, shredded
- 1 1 cup Cereals, oats, regular and quick, not fortified, dry

DIRECTIONS:

Put all ingredients into a food processor except for the last 1/2 cup of coconut. Blitz for 20-30 seconds, until the mixture forms into dough like texture.

Sprinkle the remaining coconut onto a plate and set aside. Take a round Tbsp measure and scoop out a ball of mixture and roll in your hands until firm. Then roll them into the coconut and set in a container in the fridge for a few hours until firm.

1 ball is a serving

*If you are Celiac please use Gf oats only

Makes 18 servings.

Nutrition Information per Serving

Calories: 162.34

Fat: 2.11g

Carb: 37.94g

Protein: 1.70g