



Lemon Coconut Snowballs (DF)(VG)(GF)

18 servings

20 minutes

Ingredients

1 cup Oats
1 tbsp Chia Seeds
32 pieces Pitted Dates
1 piece Lemon (Whole lemon squeezed for juice & grated zest)
1 cup Unsweetened Shredded Coconut

Nutrition

Amount per serving	
Calories	104
Fat	3g
Saturated	3g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	18g
Fiber	3g
Sugar	10g
Protein	1g
Sodium	6mg
Vitamin C	2mg
Iron	1mg

Directions

- 1 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 scoop out a ball of mixture and roll in your hands until firm. Then roll each ball mixture into the coconut and set aside in a sealed container in the fridge for a few hours until firm.

Notes

Celiac: For gluten-free please make sure you use gluten-free oats for this recipe