

COCONUT ALMOND ENERGY BITES



- Calories:107
- Carb:11.8g
- Fat:6.9g
- Protein:1.5g
- Servings: 20 balls
- Prep time: 10 mins
- Total time:30 mins
- Category: Dessert

INGREDIENTS

- 10 Medjool dates pitted
- 1/2 cup dry roasted unsalted almonds
- 1 cup unsweetened, shredded coconut
- 1/4 tsp sea salt

DIRECTIONS

01

Soak the dates in hot water for a few minutes until soft. Pat dry the dates with a kitchen towel.

02

Put the soaked dates, almonds, ¼ cup of shredded coconut and salt in a food processor or blender and blend until well combined.

03

Shape the dough into a small even-sized ball and roll them in the shredded coconut.

04

Place the balls on a baking sheet and refrigerate until firm.

05

Keep in an airtight container in the fridge.