

# COCONUT ENERGY BITES

## A HEALTHY SNACK RECIPE

### INGREDIENTS:

#### DESSICATED COCONUT

- 1 cup, unsweetened



#### PURE MAPLE SYRUP, OR HONEY, OR AGAVE

- 3 tbsp or mix 2 tbsp water with stevia, portion to your taste



#### VIRGIN COCONUT OIL

- 2 tbsp , melted



#### PURE VANILLA EXTRACT

- 1/2 tsp



#### A DASH OF SALT



#### OPTIONALS:

cocoa powder  
melted dark chocolate  
ground pistachio nuts



### THE 4 STEPS:

**1. Using a blender or food processor, blend all the ingredients -**

Don't mix all these ingredients by hand, it won't work; the mixture will fall apart.

**2. When completely blended, scoop and round them -**

You can use an ice cream scooper or tablespoon heaps.

**3. Place on parchment paper -** or you can also use a plate lined with wax paper.

**4. Freeze for 1-2 hrs**

#### \*Optional:

##### After step 2

- Dip the coconut rounds on melted dark chocolate, then roll on cocoa powder and finely chopped pistachio nuts. Proceed to Steps 3 and 4.

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