

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.

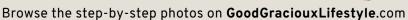
3. Place on parchment paper or you can also use a plate lined with wax paper.

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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