

Coconut Dream Balls

Alison Dumont, RHN, Strive Holistic Nutrition



Ingredients:

1 cup high-quality unsweetened dried coconut

1/4 cup maple syrup

1 tbsp coconut oil

1 tbsp "Rainforest Butter" (nut butter containing Brazil nut, coconut, and cashew)

1 tsp vanilla

dash salt

Instructions:

Place all ingredients into food processor and mix until a rough paste.

Roll into one-inch balls or press into shallow pan. Refrigerate for 1/2 hour.

If using pan, cut into bars.

Optional: roll balls in cocoa powder or drizzle either bars or balls with melted chocolate!