



# LEMON AND COCONUT BLISS BALLS

COURTESY OF FIT

**DIFFICULTY: EASY**

**TOTAL TIME: 45 MINUTES**

**AMOUNT: 12 BALLS**

**ACTIVE: 10 MINUTES**

## INGREDIENTS

- 1 cup unsweetened shredded coconut, plus extra for rolling
- 1 cup almond flour
- 1/4 cup coconut oil, melted
- 1/4 cup pure maple syrup
- Zest of 1 lemon
- 2 tablespoons lemon juice
- A pinch of sea salt

## INSTRUCTIONS

1. In a large mixing bowl, combine the shredded coconut, almond flour, and sea salt.
2. Add the coconut oil, maple syrup, lemon zest, and lemon juice to the bowl. Mix until well combined. If the mixture feels too wet, add a bit more almond flour; if too dry, a tad more coconut oil.
3. Take small amounts of the mixture and roll into balls, about the size of a walnut.
4. Roll each ball in additional shredded coconut until well coated.
5. Place the balls on a plate and refrigerate for at least 30 minutes to set.

This recipe makes about 12 bliss balls, perfect for a small gathering or for a week's worth of grab-and-go treats.