



LEMONY COCONUT BALLS

SERVES: 6

TOTAL TIME: 5 MINUTES

INGREDIENTS

200g **shredded coconut**

70g **almonds**

2-3 tbsp **honey**

1 **lemon**, zest and juice

INSTRUCTIONS

Put all ingredients in the food processor and blend until everything is smooth.

Roll the mixture into small balls and then roll them in an extra dusting of coconut.

Lay sparsely on a tray and place in the fridge until firm.

MACROS PER PORTION

CALORIES	134	PROTEIN	3
CARBS	17	FATS	6
FIBRE	2		