



Coco-Lemon Bites (ES)

Serving: 1

Veg

Ingredients

- 1/2 cup of cashews (soaked 10-20 minutes)
- 1/2 cup of almonds (soaked 10-20 minutes)
- 1/2 cup of unsweetened shredded coconut flakes (plus more for dusting at the end)
- 1/2 cup of cook rolled oats
- 10-12 seedless dates (soaked 10-20 minutes and roughly chopped)
- 1 tablespoon coconut oil
- 1 lemon (zested and juiced)

Preparation Method

- Place the nuts, oatmeal and coconut flakes in a food processor and pulse on high until well combined and processed.
- Add in the dates a few at a time and pulse until ingredients are combined.
- Finally add in the coconut oil and lemon zest and juice pulsing one last time. Mixture should come together easily and resemble a moist firm cookie dough batter.
- Form dough into small size balls and place on a waxed paper lined, small cookie sheet.
- Freeze bites for 10-12 minutes or until firm. Then place in a sealed container in the fridge and enjoy!