



Minty Coconut Balls

Serving: 1

Veg

Ingredients

- -1/2 cup oats
- -1 teaspoon water
- -1/2 cup coconut
- -1 tablespoon coconut oil
- -1/4 cup cashews
- -3 tablespoons maple syrup
- -1/2 teaspoon peppermint essence
- -1 teaspoon vanilla extract
- -extra coconut for coating (works out to be approx 5 teaspoons)

Preparation Method

- -Blitz all ingredients together (minus the extra coconut for coating) until well combined.
- -Roll into balls then toss in coconut to coat.
- -Place in fridge/freezer to set.