

## Recipe: Indian Sweet Jackfruit Dessert [Paleo, AIP]

### Ingredients:

250 grams sweet jackfruit segents

30 milliliters honey

36 grams coconut flour

7 grams coconut oil

60 milliliters coconut oil to cook in

### Instructions:

Place the sweet jackfruit segments, honey, salt, and 1/2 tablespoon of coconut oil into a blender and blend well.

Place the puree into a bowl and mix in the coconut flour. Form small balls from the dough makes around 9-12 balls.

Place the 4 tablespoons of coconut oil into a frying pan and pan-fry the balls in the pan. Use a spoon to move the balls around so that theyre fried evenly on all sides.

Cook until the balls are browned

Serve with extra honey or ghee drizzled on top.