

Coconut Lemon Bliss



Ingredients:

- 3/4 cup almond meal
- 3/4 cup desiccated coconut
- 1/2 cup raw cashews * Soaked overnight or quick soaked
- 1/4 cup lemon juice
- 2 Tbsp coconut oil, melted and cooled
- 2 Tbsp coconut milk
- 2 Tbsp raw honey or maple syrup
- zest 2 lemons
- 1/4 cup desiccated coconut for coating balls

Instructions:

1. Place all of the ingredients in a food processor or highspeed blender. Blitz until combined and you have a dough like consistency.
2. Roll into balls.
3. Place 1/4 cup desiccated coconut on a plate or chopping board. Roll the balls in the coconut to coat them.
4. Keep in the fridge in an airtight container for up to 5 days. Can also be frozen and used when needed.

Notes:

To soak the cashew nuts either leave overnight place cashews in a covered bowl, pour enough tepid water over them to cover them rinse and drain in the morning or you can put them in a covered bowl with hot water for 10 minutes, then rinse and drain