



## Raw Coconut Snack Balls

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Servings:** Makes 10-12

**Serving Size:** 1 snack ball

### Ingredients:

$\frac{3}{4}$  cup unsweetened shredded coconut, plus 1 tablespoon  
3 tablespoons coconut flour  
2  $\frac{1}{2}$  tablespoons maple syrup or raw honey  
2 tablespoons coconut oil, melted  
 $\frac{1}{2}$  teaspoon vanilla extract  
Pinch of sea salt

### Lemon Vanilla Variation:\*

Juice and zest of  $\frac{1}{2}$  of a lemon

### Ginger-Cinnamon Variation:\*

$\frac{1}{2}$  teaspoon ground ginger  
 $\frac{1}{4}$  teaspoon cinnamon

### Directions:

1. Combine coconut, coconut flour, and salt in a medium bowl.
2. Combine maple syrup or raw honey, coconut oil and vanilla in a small bowl and whisk well to combine.
3. Pour wet ingredients into dry and mix until a dough forms. It will be crumbly, but should stick together if you give it a good squeeze with the palm of your hand. If it doesn't stick together, add more oil or sweetener by the teaspoon. If it is too sticky, add more coconut flour by the teaspoon.
4. Squeeze a scant tablespoon of dough together in your hand and use your fingers to gently roll or mold into a ball.
5. Repeat to make 10-12 balls total.
6. Store raw snack balls in the refrigerator for up to 5 days.

\*You can easily change up the flavors in these simple snack balls - for both the Lemon Vanilla and Ginger-Cinnamon variations, just add the listed ingredients to the base recipe and stir to combine.

### Tips and Tricks:

These guilt free snacks are a super quick way to satisfy your sweet tooth without turning on your oven or feeling guilty that you treated yourself.

### Nutritional Information Per Serving:

**Calories:** 72.1  
**Fat:** 5.9 g  
**Cholesterol:** 0.0 mg  
**Sodium:** 2.0 mg  
**Total Carbohydrate:** 5.3 g  
**Dietary Fiber:** 1.7 g  
**Sugars:** 2.3 g  
**Protein:** 0.7 g