



Lime Energy Balls

Serves 16

1/3 cup (50g) almonds
1/4 cup (40g) cashews
1/2 cup (50g) desiccated coconut, unsweetened
10 medjool dates, pitted
1 tsp. coconut oil
zest & juice from one lime
2 tbsp. lime juice
pinch of sea salt

What you need to do

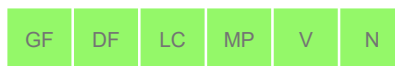
Place the almonds, cashews and desiccated coconut into food processor and pulse until everything is chopped into small pieces. Place the mixture into a bowl and set aside.

Place the dates into the food processor and pulse until a paste forms. Now, add the nuts back into the food processor and pulse until well combined.

Add in the coconut oil, lime juice, lime zest and a pinch of salt. Pulse again a few more times, until well combined.

Use your hands to form the dough into balls. Use around 1 tablespoon of dough for each energy ball.

Store in an airtight container in the fridge for 1-2 weeks. Alternatively store in the freezer for up to 3 months.



| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 16 mins | 15 mins | 109 | 5 | 14 | 2 |

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*Nutrition per serve