

Lemon, Apricot and Coconut Bliss Balls

Serves: 8

Prep time: 20 minutes

Cook time: 0 minutes



½ serve per portion

Ingredients

1 cup raw cashews

1 ¼ cups desiccated coconut

120 grams dried apricots, roughly chopped

½ teaspoon vanilla extract

3 tablespoons maple syrup

1 lemon, zest and juice

½ cup desiccated coconut



Discretionary Food

Method

PLACE cashews, coconut, apricots, vanilla, maple syrup, lemon zest and juice into a bowl and mix with a spoon.

BLITZ in a food processor on high speed until smooth.

ROLL mixture into balls with your hands, roll in coconut and place in the fridge to set.

Recipe courtesy of the Country Kitchens team