

ALMOND ENERGY BALLS



Makes: 6
Prep: 10mins
Cook: 0 mins



Nutrition per serving: 178 kcal 14g Fats 8g Carbs 6g Protein



GF DF
LC MP
Q N



INGREDIENTS

- 1 cup (120g) almond meal
- 2 tbsp. Maple syrup
- 1 tsp. coconut oil, melted
- ½ tsp. lemon juice (optional)
- 2 tbsp. desiccated coconut or poppy seeds

PREPARATION

Place the almond flour into a bowl, add maple syrup and oil and mix well using your hand, pressing firmly. Form 6 balls.

You can also add half a teaspoon of lemon juice to break the sweetness.

Roll the energy balls in coconut or poppy seeds.

