No bake coconut and date balls

prep: 0:10



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ingredients

* 3 cups desiccated coconut
* 2 cups (200g) pitted dates

method

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| 1 |



* 1. Place 2 cups of coconut and the dates into a blender or food processor.

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| 2 |



* 2. Process on high speed for 3-4 minutes, pausing to scrape down sides as needed.

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| 3 |



* 3. Remove from processor and roll teaspoon-sized balls. Roll in remaining 1 cup of coconut.

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| 4 |



4. Pack in portions for snacks, to put in lunch boxes and keep on hand to satisfy a sweet tooth in a healthy way.