

Lemon Coconut Power Balls

Center for Nutritional Healing, LLC

Your naturally sweet recipe may be found on page 2 below.

Note: If you don't have Collagen Powder, try vanilla protein powder ~or~ just add extra coconut powder until the proper consistency forms. Cheers!

To your health,
Cindy

Cindy Harrington, CNC, CHS, CINHC & Nutrition Response Testing Master Clinician

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Lemon Coconut Power Balls

8 ingredients · 15 minutes · 12 servings



Directions

1. Add the shredded coconut to a food processor and blend until a coarse crumb forms.
2. Add the remaining ingredients to the shredded coconut in the food processor and blend until a dough forms. Form into even balls with your hands, roughly 1-inch in diameter.
3. Let them set in the fridge for at least an hour before serving. Store in the fridge or freezer until ready to enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to two months.

Serving Size

One serving is one ball.

Additional Toppings

Top with shredded coconut, coconut sugar and lemon zest.

No Maple Syrup

Use honey or agave instead.

Consistency

The dough will be soft and moist as you form the balls but will become firm in the fridge or freezer.

Ingredients

- 1 1/4 cups Unsweetened Shredded Coconut
- 1/2 cup Coconut Butter
- 3/4 oz Collagen Powder
- 2 1/2 tbsps Lemon Juice
- 2 tbsps Maple Syrup
- 1 1/2 tsps Lemon Zest
- 1 tsp Vanilla Extract
- 1/16 tsp Sea Salt (optional)

Nutrition

Amount per serving

| | | | |
|----------|-----|-------|----|
| Calories | 142 | Fiber | 3g |
| Carbs | 7g | | |

