

FROM THE KITCHEN OF
AMBER HANSON, LN

Strawberry Coconut Bliss Balls

INGREDIENTS

- 1-2 medjool dates, pitted
- 3/4 cup freeze dried strawberries
- 2 cups unsweetened shredded coconut plus more for rolling if desired
- 1/2 cup virgin coconut oil, soft but not melted
- 1/4 teaspoon vanilla
- 1/2 teaspoon fine Himalayan salt

METHOD

1. Place dates in a small bowl and cover with boiling water. Soak for 10 minutes; drain and roughly chop (for more even mixing); set aside.
2. Place strawberries in the bowl of a food processor and blend until powdery. Add dates, coconut, coconut oil, vanilla and salt. Blend until cohesive.
3. Form into 2-inch balls. Roll in additional coconut if desired.
4. Refrigerate until firm. Store refrigerated or frozen.

Makes 8-10



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