



ENDUROBEET coconut BALLS

These little morsels of goodness will knock your socks off. A great post session treat with your coffee. Thanks to Paula Sheaf for the recipe.

Serves: -, Prep time: -, Cook time: -

Instructions

Place almonds and coconut in food processor and pulse until fine. Add all other ingredients and blend until the mixture starts to come together.

Using your hands, form the mixture into small balls.

Best kept in an airtight container in the fridge.

Ingredients



1. 1 cup raw almonds
2. 1 cup coconut
3. 3 tbsp cacao powder
4. 1 tbsp Endurobeet powder
5. ½ tsp vanilla essence

6. 6 prunes (chopped)
7. 14 dates (if using dry dates – soak for 10 minutes in boiling water then drain and chop)
8. 1 tbsp coconut oil
9. 2 tbsp mixed dried fruit (Paula used Sunsweet Amazin Berry Blend - diced prunes, cranberries, cherries and blueberries)

