

## Lemon Bliss Balls

### Ingredients:

- 1 cup raw walnuts or almonds
- 1 cup desiccated coconut or almond flour
- a pinch of salt
- zest of 1 large lemon
- ½ lemon, juiced
- 1 tsp. vanilla extract (optional)
- 2 tbsp. + 1 tsp. maple syrup, agave or honey
- more desiccated coconut or almond flour for rolling

### Instructions:

1. Place all the ingredients into your processor, except the extra desiccated coconut or almond flour, in the order listed above and combine until the mixture is sticky and crumbly.
2. Use your hands to shape the mixture into the small balls, and then roll them in the reserved coconut or almond flour
3. Place in the fridge for 1 hour or in the freezer for 30 minutes to set.
4. Store in an airtight container

Tip: Use seeds instead if nuts are not well tolerated. Also try using lime versus lemons for a slightly different flavor.