



lemon + coconut energy bites

Snacking can be healthy but it's so important to avoid processed junk. Eating refined sugar (such as candy, cookies, cakes and muffins) can suppress immune function and rarely satisfies your appetite. In fact, as sugary snacks provide calories with little nutrition, your body may continue to send you hunger signals in an effort to get the nutrients it needs. Continually meeting this need with junk just leads to a cycle of over-eating, fatigue and poor health.

Instead, try reaching for food that nourishes you! This means food with clean, whole ingredients that you recognise. If you need a sugar fix, try relying on the sugars in dried fruit instead of process sugar. This recipe uses the natural sweetness of medjool dates and combines it with nut butter and coconut for a healthy boost of protein and fibre. The lemon adds an amazing zing and a little dose of vitamin C.

These energy bites are quick and easy to make - you just need a food processor, so drag yours out of the cupboard or borrow one from a friend! Enjoy them with a cup of herbal tea for a healthy afternoon pick me up (and if you add a scoop of our Great Lakes grass-fed collagen to the tea - even better!)



PREP	TOTAL	MAKES
15mins	30mins	24 energy bites

INGREDIENTS

- 12 large Medjool dates (pitted and chopped)
- ¼ cup shredded coconut - try the Lets Do Organic brand from Miles!
- 2 dessert spoons almond butter or cashew butter
- Juice of half lemon and zest of half to full lemon (depending how lemony you like it)

METHOD

Whizz it all up in a processor until the ingredients form a dough-like ball around the blade.

Roll the mixture into small balls and then roll in extra coconut.

These are best served chilled so set in the fridge or the freezer if you are in a hurry!



 approved recipe