



Kiara's Lemon Bliss Balls

Ingredients

- 1 cup dates
- ½ cup almonds and ½ cup cashews
- 1 ½ tbs organic coconut oil
- Zest of 1 lemon
- Juice of half a lemon
- 1 tbs chia seeds
- 1 tsp vanilla extract
- ¼ cup desiccated coconut

1. Put all ingredients into a food processor and mix until the nuts and dates are in small pieces and the mixture is combined.
2. Roll the mixture into balls; 1 Tbs of mixture is usually a good amount per ball.
3. Put into an air tight container and pop them into the fridge to set. Then enjoy once cold!

Storage: Store in an airtight container in the fridge. They will last for 7-10 days in the fridge (if you don't eat them all hehe).