



# Almond

ENERGYBALLS

Serves 6

## Ingredients:

- 1 cup almond meal
- 2 tbsp. of honey (or maple syrup)
- 1 tsp. coconut oil, melted
- ½ tsp. lemon juice (optional)
- 2 tbsp. desiccated coconut or poppy seeds

## Directions:

1. Place the almond flour into a bowl, add honey and oil and mix well using your hand, pressing firmly. Form 6 balls.
2. You can also add half a teaspoon of lemon juice to break the sweetness.
3. Roll the energy balls in coconut/poppy seeds.