

Recipe of the month

March 2024



ED'S LEMON BLISS BALLS

~ easy to make, freezer friendly, taste AMAZING! ~

1 cup cashews or other nuts

1 cup desiccated coconut

15 dried pitted dates

Zest and juice of 2 lemons or 3 for extra tangy

1 tsp vanilla extract

1 tsp maple syrup or honey

Process all ingredients in food processor, roll into balls and then roll in coconut. Enjoy!