

Coconut Almond Bites



prep time
~20 minutes



total time
~20 minutes



servings
5
small bites

Ingredients

- 1/4 cup coconut butter
~ 4 servings of fat
- 2 tablespoons creamy almond butter
~ 2 servings of fat
- 1/4 teaspoon almond extract
- pinch of salt (optional)

Optional Chocolate Dip

- 1 tablespoon chocolate chips
~ 1/2 serving of carb, 1 serving of fat
- 1/2 tablespoon coconut oil
~ 1/2 serving of fat

Instructions

1 Combine coconut and almond butter in a small bowl. Microwave until melted.

2 Stir with a spoon until smooth.

3 Add almond extract and salt if using and stir again.

4 Freeze for about 10 minutes or until mostly hardened.

5 Remove from freezer and roll into balls (this is slightly messy)

6 Return to the freezer for about 5 minutes.

7 If dipping in chocolate, Melt chocolate chips and coconut oil together in microwave, stir until combined. Dip each ball in chocolate mixture and set down until chocolate sets.

8 Keep refrigerated.



Whole Recipe Breakdown:

Protein Servings: 0

Carb Servings: 1/2

Fat Servings: ~7

Veggie Servings: 0

*breakdown includes chocolate chips for the dip.

dessert

treats

