



Lemon Coconut Bites



prep time
10 minutes



total time
10 minutes



servings
26-30
bites

Ingredients

- 1 cup/250 grams almond butter (or any kind of nut butter) ~ 9 servings of fat
- 2 cups/160 grams old-fashioned rolled oats ~ 5 servings of carb
- ½ cup honey ~ 8 servings of carb
- 2 scoops of Vanilla Protein Powder (~ 25 grams of protein) ~ 3.5 servings of protein
- ¼ cup unsweetened shredded coconut ~ 3 servings of fat
- 2 Tbsp. lemon zest
- 2 tsp. Lemon juice
- 1 tsp. vanilla extract
- dash sea salt

Instructions

- 1 Combine all ingredients into a mixing bowl (stand mixer works well) and stir together until well combined.
- 2 Scoop into balls using a small cookie scoop. Store in fridge to set. Enjoy!

Bites can stay up to 2 weeks in the fridge and up to 3 months in the freezer!



Whole Recipe Breakdown:
3.5 servings protein
13 servings carb
12 servings fat
0 servings veggies