



## COCONUT LIME BALLS

Courtesy of: Lorna Garden



### Ingredients:

- 2/3 cup raw cashews
- 1/3 cup raw almonds
- 1 cup fresh dates (seeds removed)
- Zest of 2 limes
- Fresh juice from 1 lime
- 1/2 cup shredded coconut

### Method:

1. Blend all the ingredients, except coconut, until the mix becomes breadcrumb like consistency. With damp hands, roll into walnut sized balls, and roll in coconut. Refrigerate until ready to eat.

### Nutrition Information

Makes 12 balls

Nutrient	Per ball
Energy	525 kJ
Protein	3 g
Fat	7 g
Saturated Fat	3 g
Carbohydrate	11 g
Sugar	10 g



### HOT TIPS

Energy balls are a great way to get some extra carbohydrate and protein in before a big training session or game.