



Coconut Hemp Balls - a sweet & healthy treat!

- from Denise's Kitchen

Ingredients:

1 cup of organic extra virgin coconut oil (in its solid state)
1 1/2 cups of shredded organic coconut, unsweetened
6 tbsp of raw organic honey
1 tsp of organic vanilla extract
1 cup of organic hemp seed

Directions:

In a mixing bowl, soften the coconut oil by mashing it with a fork. Then, add the shredded coconut, honey & vanilla extract and stir together with a large spoon. Form small bite-size balls by rolling the mixture in your hands (you WILL get oily!). Then, roll the balls in the hemp seed, thoroughly coating them. Arrange your finished products on a plate & place them in the freezer for 5 minutes before serving. Be sure to wipe your hands with paper towels afterward & avoid washing any of the coconut oil down your drain.

The "CHALLENGE": Coconut oil is excellent for you & it's good to consume it everyday; however, it is best to use moderation when eating these scrumptious treats. Try to limit yourself to 3 per day? You can do it!