

# FIT ALMOND ENERGY BALLS



Makes: 6  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
178 kcal  
14g Fats  
8g Carbs  
6g Protein



## WHAT YOU NEED

- 1 cup (120g) almond meal
- 2 tbsp. of honey (or maple syrup)
- 1 tsp. coconut oil, melted
- ½ tsp. lemon juice (optional)
- 2 tbsp. desiccated coconut or poppy seeds

## WHAT YOU NEED TO DO

*Place the almond flour into a bowl, add honey and oil and mix well using your hand, pressing firmly. Form 6 balls.*

*You can also add half a teaspoon of lemon juice to break the sweetness.*

*Roll the energy balls in coconut poppy seeds.*

