

# ISLAND COCONUT BALLS WITH LEMON DOTERRA ESSENTIAL OIL

1 cup macadamia nuts

$\frac{3}{4}$  cup pitted dates

$\frac{1}{2}$  cup unsweetened shredded coconut

$\frac{1}{4}$  cup unsweetened shredded coconut toasted

2 drops of Lemon Do Terra Essential Oil

1. Combined the macadamia nuts, dates and  $\frac{1}{2}$  cup of coconut in a food processor and process until well blended, about 30 to 60 seconds. -- Add 2 drops of Lemon doTerra
2. Check to make sure the mixture will hold together when pressed between your fingertips. If it's too dry, add more dates and process in the food processor.
3. Using clean hands take a small amount of the date mixture and roll it into a Ping-Pong ball-size ball (or bigger or smaller, if you'd like). Repeat until all the date mixture has been rolled into balls.
4. Roll the balls in the  $\frac{1}{4}$  cup toasted coconut to coat.
5. Store the Island Coconut Balls in an airtight container until ready to serve or snack on.

