

No-Bake Blueberry Coconut Energy Balls

Servings: 15

Prep Time: 8 MIN



INGREDIENTS

- **1 cup** frozen blueberries, thawed and rinsed
- **1/2 cup** coconut flour
- **1/4 cup** maple syrup
- **1/4 cup** melted coconut oil
- **1/2 cup** unsweetened shredded coconut

INSTRUCTIONS

- 1** In a food processor, combine blueberries, coconut flour, maple syrup and coconut oil until blended.
- 2** Shape into 1-inch balls; roll in shredded coconut.
- 3** Store in an airtight container in the refrigerator for up to 3 days.

Variations: Alternatively, roll in chopped nuts or dip in melted chocolate.



Grab a
boost of
blue