

No-Bake Blueberry Coconut Energy Balls

Servings: 15

Prep Time: 8 minutes



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.

About the Recipe

If you've got 5 minutes and a food processor, you can whip up No-Bake Blueberry Coconut Energy Balls as a make-ahead treat for the week! Perfect for snacking on the go, the bite-sized energy balls are loaded with blueberry flavor. Roll them in chopped nuts for extra crunch, or dip in melted chocolate for a sweeter finish.

