

Collagen Chocolate Chip Snowballs

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 cup unsweetened shredded coconut
- 1/3 cup almond flour
- 2 scoops unflavoured collagen
- 3-4 tbsp or 1/4 cup maple syrup*
- 1/4 cup melted coconut oil
- 4 tbsp mini chocolate chips

Instructions:

1. In a medium bowl, combine coconut, almond flour and clean collagen.
2. In a separate bowl, combine maple syrup and melted coconut oil.
3. Add maple syrup and coconut oil to medium bowl with coconut, almond flour and collagen.
4. Fold in chocolate chips. Place in fridge for 15 minutes for batter to solidify a bit because it makes it easier to form into balls.
5. Form mixture into 1 inch balls.
6. These balls need to be refrigerated or put in the freezer to set. It takes about an hour in the fridge and 20-30 minutes in the freezer.
7. Refrigerate for up to 1 week or freeze for up to 3 months.

Notes:

*I provided a range of maple syrup in case you're like me and you prefer it a little less sweet. If it's not rolling into a ball easily though, you'll need to add a little more liquid. If you are making these into squares, add 2-3 tbsp more coconut oil so they stick together. Press them into a small pan and freeze them for 2 hours. Makes 14 balls.