

Coconut Lime Truffles

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 ripe avocado, seeded and peeled
- Juice and zest of 1 lime (Make sure your lime is juicy. Sometimes you get limes that are lack-lustre, so you will need to use 2 if that's the case)
- 1/2 cup melted organic coconut oil
- 1/4 cup raw honey (use maple syrup if you are a vegan)
- 1/2 cup shredded coconut flakes (look for organic and unsulfured when possible)

Instructions:

1. Peel and remove the seed of the avocado, place into food processor. Squeeze the juice of the lime on top of the avocado and add the lime zest. Melt the coconut oil over low heat, then add to the food processor. Add the honey and blend until completely smooth.
2. Transfer to a bowl and place in your freezer for one hour or until the texture is solid enough to form into balls. Place the shredded coconut into a bowl. Spoon out the avocado mixture, form into balls and roll the balls in the coconut flakes.
3. (Note: The balls won't be perfectly round, but once you roll in the coconut shreds they'll form better.)
4. Place rolled balls back into the freezer for a couple of hours. Makes about 15-20 balls

Notes:

These bites are best eaten right out of the freezer. They're not a treat you can let sit at room temperature for hours. (Then again, they're so gosh darn delish, you probably won't want to let them sit that long, anyway!)