

Lemon Coconut Chia Bites

Prep Time 10 mins
 Total Time 10 mins
 Meal Type Breakfast,Snack,Side
 Contributed By LivingPlateRx
 Source Living Plate
 Servings 4



Ingredients

lb,c g,ml

- 1 1/2 cups quick-cook oats
- 1/2 cups cashews, raw
- 2 Tbs cashew butter
- 1/4 cups maple syrup
- 1 lemon, zested and juiced
- 1 tsp vanilla extract
- 2 Tbs chia seeds
- salt, pinch
- 1/4 cups unsweetened coconut flakes

Directions

Make

1. Add oats to food processor and blend until a fine flour forms. Add cashews and process until finely ground.
2. Add balance of ingredients, except chia seeds, and process until dough forms. Dough may be thick, so you can add a few tablespoons of water. Pulse in chia seeds. Remove dough from processor and knead to incorporate seeds well.
3. Using a small ice cream scoop or a tablespoon, measure out dough and roll into balls. Roll each ball in coconut flakes and place on parchment lined baking sheet.
4. Place in refrigerator to firm up.

Notes

Recipe makes 12 bites. Serving size = 3 bites

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "--" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	382	Total Fat 18.7g	28%	Total Carbohydrates 47g	15%
		Saturated Fat 4.9g	24%	Dietary Fiber 7g	29%
		Trans Fat 0.0g		Total Sugars 14g	
		Cholesterol 0mg	0%	Protein 10g	
		Sodium 49mg	2%		
Vitamin D 0mcg 0% · Calcium 96mg 9% · Iron 4mg 20% · Potassium 388mg 8%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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