

# No Bake Coconut & Date Balls

No bake coconut balls contain just two ingredients and they are super healthy. Have them as a snack after exercise or use them to satisfy your sweet tooth.

## What you need

- 3 cups desiccated coconut
- 2 cups pitted dates



## Directions

1. Place 2 cups of the coconut and the dates into a blender or food processor.
2. Process on high speed for 3-4 minutes, pausing to scrape down the sides as needed.
3. Remove from processor and roll teaspoon-sized balls.
4. Roll them in the remaining 1 cup of coconut.