



Healthy "Bounty"

Total: 40 min · Prep: 13 min · Cook: 27 min · 10 servings · Easy · Desserts

Vegetarian

Gluten-Free

Dairy-Free

INGREDIENTS

30 g Shredded coconut

30 g Cashew or almond

1 tbsp Honey

100 g Dark chocolate

30 ml Water

INSTRUCTIONS

- 1 Mix the shredded coconut with finely chopped cashews, add honey and water. You can do this with a knife, but a blender works better.
- 2 If the mixture seems too sticky, gradually add water until you achieve a pliable consistency suitable for forming candies.
- 3 Form candies from the mixture in your preferred size.
- 4 Melt the chocolate in a double boiler.
- 5 Using a toothpick or fork, dip each candy into the chocolate.
- 6 Place the candies in the refrigerator for 20 minutes.

Nutrition per serving: 95 kcal · Protein 1.2 g · Fat 6.3 g · Carbs 9.0 g · Fiber 2.0 g