

# Quick and Easy Lemon Bliss Balls

**It's time to spoil myself.  
Take time to enjoy making a snack. Be attentive.  
Enjoy the flavour.  
Share with a friend.  
You might like to try this recipe.**

1 cup raw cashews  
1 cup desiccated coconut  
zest of one large lemon\*  
juice of half a lemon  
1/2 teaspoon concentrated natural  
vanilla extract  
pinch of salt  
2 tablespoon maple syrup  
1 teaspoon honey (optional)  
extra desiccated coconut for rolling in



Place the ingredients into your processor in the order listed above and blend until the mixture resembles a sticky crumb. Use your hands to shape the mixture into balls. Roll the balls in the extra coconut and place in the fridge to set.

*Serve. Eat. Enjoy!*