

Raw Recipe – Lemon Treats

Ingredients:

- 1 cup chopped, pitted dates
- 1/3 cup fresh lemon juice
- 3 teaspoons freshly grated lemon zest
- 1 cup raw walnuts
- 1 cup sesame seeds
- ½ cup unsweetened dried coconut flakes
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Directions:

Place dates, lemon juice and zest, walnuts and sesame seeds in a food processor. Pulse and blend until completely mixed. The mixture will be slightly sticky. With dampened hands, roll tablespoons of the mixture into balls. Roll in coconut and chill until ready to serve.

Nutrition

Per serving (1 lemon treat/31g-wt.): 140 calories (100 from fat), 11g total fat, 2.5g saturated fat, 4g protein, 10g total carbohydrate (3g dietary fiber, 7g sugar), 0mg cholesterol, 5mg sodium