

Coconut Date Candy

Adapted from ahouseinthehills.com

Leah Pokrasso, Certified Natural Chef and Nutrition Consultant

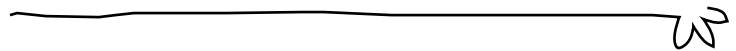
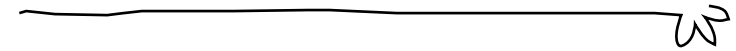
eatleafygreens.org

2 cups of dried medjool dates, pitted

1 tablespoon of almond butter

2 tablespoons of water

shredded coconut



Directions:

Slice each date in half and pull out the seeds. Place dates, almond butter and water in food processor and pulse until it has become a thick, sticky paste. Wet fingers and scoop roughly one tablespoon of paste out of food processor. Form it into a little ball and roll in a plate of dried, shredded coconut. Refrigerate and then eat them for a snack or dessert!