



Strawberry Coconut Snowballs

Perfect natural sweet “macaroon” winter treat

6 pitted dates, halved

1/3 cup water

1/2 cup freeze dried strawberries

1/3 cup unsweetened flaked coconut

1/4 cup almond butter

1 teaspoon almond extract

3/4 cup quick cooking oats (not instant)

1/4 cup unsweetened desiccated shredded coconut

Chocolate Coating:

1-ounce dark chocolate

1/2 teaspoon plant butter

Make Date Sweetener: Place dates and water in microwave safe bowl; cook on high power for 1 minute; set aside to soften, about 10 minutes.

Prepare Strawberry Coconut Coating: Place freeze dried strawberries in food processor or grinder; process into ground mixture; add 1/3 cup flaked coconut; process until fine chopped or ground mixture. Remove to shallow bowl; set aside.

Prepare Almond Oat Balls: Place soft dates and water in food processor; process until smooth liquid. Add almond butter and almond extract; process to combine. Add oats and flaked coconut; process only to mix into soft dough; remove to small bowl. to combine. Place a piece of parchment paper on plate. Using about 1 to 1-1/2 teaspoon for each; form into 10 to 12 balls. The dough will be a little soft. Toss each ball of dough to coat completely with strawberry coconut mixture.

Melt Chocolate:

Place chocolate in small microwave safe bowl; cook in microwave on high power for 1 minute or melted. Stir melted chocolate and plant butter.

Prepare Chocolate Bottoms: For each little snowball, turn ball upside down; place about 1/4 teaspoon chocolate on the bottom; turn over; place chocolate side down on parchment paper.

To Serve: Place in refrigerator for about 1 hour to harden the chocolate on the bottom. When chocolate is hardened, peel off from parchment paper; place into individual mini muffins papers.

Yield: 10 to 12 strawberry coconut snowballs

Cook's Note: The freeze-dried strawberries I used were purchased at Trader Joe's market. They are freeze dried, unsweetened and unsulfured.

About the Recipe: Are you ready for a sweet treat that tastes great and is made with healthy ingredients? These little strawberry coconut snowballs are filled with almond flavored oats and unsweetened coconut and rolled in a dazzling pink mixture of freeze ground strawberries and unsweetened coconut. It's just what the doctor ordered – a little healthy sweet treat!