

## Healthy Coconut Ladoos

### Ingredients:

- 1 cup almond flour
- 4 scoops vanilla protein powder
- 2 1/2 cups unsweetened shredded coconut (separated into 1 1/2 cups and 1 cup)
- juice and zest of 1 lemon
- 3 tbsp coconut oil
- 3 tbsp honey
- 1 tsp vanilla extract
- 1 tsp sea salt

### Directions :

- Put all the ingredients except 1 cup of coconut in a food processor and blend until well combined.
- Scoop out a heaped teaspoon of mixture and roll into a ball with hands.
- Finish off by rolling in coconut to cover the outside of the ball.
- Set in fridge for 1 hour to chill and set.



