No Bake Lemon Truffles

Eating raw is becoming a healthy new trend and can be an especially good approach to dessert time. These mouth-watering lemony truffles are so easy and don’t even require an oven. You can adjust the sweetness level by decreasing or increasing the amount of tart, fresh lemon. Enjoy with a cup of tea!

1 cup finely shredded coconut (unsweetened, raw)
½ cup almond meal
Zest of 1/3 small lemon
½ teaspoon lemon juice
½ teaspoon vanilla extract
¼ cup maple syrup
¼ cup coconut oil
¼ teaspoon finely ground sea salt

Mix dry ingredients (shredded coconut, almond meal, lemon zest) thoroughly in a large bowl. Blend remaining ingredients in a medium bowl. If coconut oil is semi-solid, use a fork to blend and press the oil into the liquids. You can also mix with an electric mixer on its lowest setting. Pour liquid mix into dry and blend with a fork until the mixture is sticky and able to form into balls. Using a spoon or cookie scoop, form mixture into balls. The bigger the balls, the fewer the recipe will yield. The photo shows balls made with a round teaspoon measuring spoon and yielded about 28 pieces. Place on parchment paper on a cookie sheet (or use a non-stick cookie sheet), cover with plastic wrap or wax paper, and refrigerate for one hour. The truffles are then ready to serve.

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