



Recipes

Energy balls



You will need

Pitted dates (Medjool are best)	200 g
Coconut fat	2 teaspoons
Hamánek with pears and buckthorn	90 g
High-quality grated coconut	5 tablespoons.

Cooking instructions

Place the pitted dates with the softened coconut fat, Hamánek and five tablespoons of coconut into a bowl and blend with a hand-held blender. Put the resulting mixture into the fridge to cool (for approx. 1 hour). Make balls out of the mixture and roll them in grated coconut. Store in a cool place.