INOVACURE

PROTEIN THAT NOURISHES YOUR INNER BEAUTY

Excellent source of energy

LEMON COCONUT ENERGY BALLS

• PREPARATION: 15 minutes | REFRIGERATE: 3 hours • SERVINGS: 20 Energy Balls

INGREDIENTS

- 30 ml (2 tablespoons) lemon juice
- 15 ml (1 tablespoon) lemon zest
- 125 ml (1/2 cup) maple syrup
- 15 ml (1 tablespoon) infused virgin coconut oil
- 5 ml (1 teaspoon) vanilla
- 375 ml (1 ½ cups) instant oatmeal
- 45 ml (3 tablespoons) raw hemp seeds
- 15 ml (1 tablespoon) chia seeds
- 30 ml (2 tablespoons) bran
- 250 ml (1 cup) sweetened shredded coconut
- 45 ml (3 tablespoons) almond powder

Coating Ingredients

- 125 ml (1/2 cup) raw hemp seeds
- 30 ml (2 cups) lemon zest
- 1 INOVACURE Maple Brown Sugar pouch

DIRECTIONS

Using a food processor, add lemon juice, lemon zest, maple syrup, coconut oil and vanilla. Blend for 15 seconds.

Add rolled oats, hemp seeds, chia seeds, wheat bran, grated coconut, almond powder and the contents of the INOVACURE Oatmeal Maple Brown Sugar pouch. Mix until dough made into one ball. Cover and refrigerate 1 to 2 hours.

Roll 20 balls using approximately 30 ml (2 tbsp) to prepare each ball). Place the balls on a cooking plate. Refrigerate 2 hours.

In a bowl, mix the ingredients for the Energy Ball Coating. Coat each ball completely.