



Citrus Mango Coco Bites

An easy nut free snack recipe that's great for packed lunches.

Ingredients: (6)

- 4 tbsp. coconut oil
- 150g dried mango
- 100g desiccated coconut
- Zest of a lemon
- Optional - 1 tbsp. chia seeds

Method

1. Put all the ingredients into a blender or use a handheld blender and blend until fairly smooth and sticky.
2. Squeeze heaped teaspoons into balls and place on parchment paper on a plate.
3. Pop into the fridge to set.

Nutritional Benefits

Coconut has a unique healthy fat content and is also high in fibre, protein, vitamins and minerals.

