

Lemon Bites

14 Servings • 1 Serving = 1 Bite



INGREDIENTS

- 1 cup walnuts, unsalted
- Juice of 2 lemons
- 1 cup dates, pitted
- ½ cup shredded coconut, unsweetened

DIRECTIONS

1. Coarsely chop walnuts in a food processor or blender.
2. Add lemon juice and dates into the food processor and blend until soft dough forms.
3. Put coconut into a small bowl. Using your hands, form the mixture into little balls and roll them in the coconut.

Nutrition Facts

14 servings per container	
Serving size	1 Bite
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 0mg	0%
Potassium 91mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Recipe developed by the San Antonio Food Bank



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