

No-Added-Sugar Pineapple Balls

Ingredients:

- 1 cup dried pineapple pieces, un-sweetened
- 1 cup golden raisins
- 3/4 cup raw cashews
- 1/4 tsp lemon extract
- 1/4 tsp salt
- 1/4 cup toasted shredded coconut



Nutrition Facts

15 servings per container
Serving size 1 ball, 1" diameter
(40g)

Amount per serving
Calories **90**

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 1mg	6%
Potassium 107mg	2%

*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.

Instructions:

1. Reserve the shredded coconut.
2. Put all the other ingredients in a food processor, and blend until all the ingredients stick together. You may need to stop your food processor a few times to scrape the sides.
3. Scoop out the mixture with a tablespoon, or a small cookie scoop . Shape into a ball using your hands.
4. Roll the balls in the coconut.
5. Store leftovers in the refrigerator in a airtight container.

Modified by Maggie Carneiro, from website: wildwoodhealth.com/blog/lemon-balls/