

Recipe Name: Lemon Coconut Chia Energy Balls Recipe

Diet Type:

Course: Snack

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup dates - pitted	4
• 1/2 cup almonds	
• 1/2 cup coconut - grated	
• 1/2 cup chia seeds	
• 1/2 lemon juice	
• 1/2 teaspoon lemon zest	

Preparation

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Macronutrients

Calories (kcal) Protein (g) Carbs (g) Fat (g) Fiber (g) Sugar (g)