



Eternal Health

OPTIMUM NUTRITION AND INSPIRED LIVING

Bountiful Balls makes 12

GL Per Serving: 2 each approx

Ingredients

75g desiccated coconut
100g creamed coconut, softened
3 tbsp coconut oil, softened
1 tbsp freshly squeezed orange juice, water,
or coconut water.
1 pinch of sea salt
1/4 fresh mango cut into 1cm squares (approx.)
100g bar of chocolate 70% cocoa solids



Tip: Swap mango for a piece of fresh or dried apricot, or pineapple! Add a piece of crystallised or stem ginger for a decadent Christmas treat!

Method

Soften the creamed coconut - place the un-opened packet in a mug of hot water. Massage to aid softening process.

Also melt the coconut oil if solid - to do this place the oil in an empty jar and stand it in a bowl of hot water until it melts.

Mix the ingredients together with the exception of the mango and chocolate. If the mix is a little dry add a little more orange juice. Place in the fridge for 15 - 20 minutes. Remove from the fridge and divide the mixture into 12. Roll each piece into a ball. Make an opening in the coconut ball with your index finger, creating enough space to insert the piece of mango. Pull the coconut around the mango so it is sealed inside. Place on a tray covered in greaseproof paper, greased with coconut oil. Do the same until all 12 balls are complete. Place in the fridge for 20 minutes.

In the meantime melt the chocolate in a bowl over a pan of simmering water. Once melted, let the chocolate cool a little. Then remove the coconut balls from the fridge and coat each one with chocolate. I tried doing this using a cocktail stick, but found it was easier to roll them in chocolate by hand, dropping a little chocolate from a teaspoon to cover any coconut peaking through. Place them back onto the greaseproof paper and return to the fridge to firm up.

These can be kept in the fridge for a couple of days. Alternatively pop them in the freezer. Line a freezer-proof container with greaseproof paper (the same piece you used to make them is fine) cover, seal and freeze. You can take them out as needed. Leave to defrost for half an hour and enjoy.