



Key Lime Pie Bites

Yield: 9 Servings

Ingredients

- 1 cup unsweetened shredded coconut
- 2 tablespoons lime zest, plus 2 teaspoons for coating
- 1 cup pecans
- 10 dates, pitted
- ¼ cup lime juice, fresh
- 2 tablespoons ground flaxseed

Instructions

1. In a small bowl, stir together the coconut and 2 teaspoons lime zest.
2. Process pecans in a food processor until they are a flour like consistency.*
3. Add to the food processor the dates, lime juice, two tablespoons lime zest, and flaxseed. Blend until all ingredients come together in a thick paste.
4. Scoop out one tablespoon of the mixture and roll into a ball.
5. Roll ball in the coconut/lime zest mixture.

*Note: if you do not have a food processor, you can replace the 1 cup pecans with 1 cup almond flour. You can chop all other ingredients very small and mash together by hand.

Nutrition Information

Serving Size: 1

- Calories: 191
- Total Fat: 11.5 g
- Saturated Fat: 3.4 g
- Monounsaturated Fat: 4.7 g
- Polyunsaturated Fat: 2.9 g
- Protein: 2.1 g
- Carbohydrate: 24 g
- Dietary Fiber: 4.0 g
- Sugars: 18.8 g
- Sodium: 2.6 mg

Source: Adapted from thecleaneatingcouple.com

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