

Easy Coconut Treats

These yummy and easy to make treats became a staple in our house! I love that mild taste of coconut and moderate sweetness that these homemade deserts provide. Now, I have to figure out how to make them more keto-friendly.

Ingredients:

- 2 packs dry coconut flakes (I used Trader Joe's)
- 1 can condensed coconut milk
- dry vanilla or 1 tsp vanilla extract



Chocolate:

- 6 tablespoons coconut oil
- 6 tablespoons cocoa (more if you like it darker)
- 2 teaspoons of Maple syrup (or a different sweetener)



How to Make:

1. Add dry coconut, vanilla, and condensed milk to the food processor.
2. Mix thoroughly.
3. Make small balls, set them on top of a cutting board, and put them in the freezer for 15 minutes.
4. Meanwhile, mix the chocolate mix – if coconut oil is solid, set it into a warm water bath.
5. Take out the balls from the freezer and dip one at a time and put on the parchment paper on top of the cutting board or a flat dish.
6. Sprinkle with decorations right away. The balls will be

ready right away! You can put it right into the container and in the fridge.

7. Enjoy!