

AIP ENERGY BALLS

4 TBLS COCONUT OIL
1/2 CUP BANANA OR TIGERNUT
FLOUR
1 CUP SHREDDED COCONUT
1/2 TSP. CINNAMON

1 TBLS OF COCONUT BUTTER
8 DATES
2 TBLS CAROB

Add all ingredients to the blender and blend until a thick batter like consistency forms. Then roll into balls and keep in the fridge.

*If you like them a little chunkier, use flakes coconut instead of shredded and whole tigernuts instead of tigernut flour. Also, feel free to use more or less of seasonings depending on what you like. If you're not into carob, just skip it or only add a little bit.

