

Low Carb Caramel and Macadamia Nut Energy Balls with MCT Creamer



Prep Time

15 minutes

Total Time

45 minutes

Servings

24 balls

Allergens

Peanut-free, seafood-free, shellfish-free, egg-free, dairy-free, soy-free, gluten-free

Required Equipment

Food processor



Nutrition

142 Calories

14g Fat

1g Protein

3g Net Carbs

Ingredients

- 2 cups Unsalted Macadamia Nuts
- 1 3/4 cups Shredded Coconut, Divided
- 1/4 cup Cacao Butter
- 3 tbsp Natural Force Caramel Keto Coffee Creamer
- 2 tbsp Honey
- 1 tsp Cinnamon
- 1 tsp Vanilla Extract (Optional)

Instructions

1. Add macadamia nuts and 1 cup shredded coconut to a food processor and pulse until finely ground.
2. Add cacao butter, Keto Coffee Creamer, honey, and cinnamon; process until combined.
3. Portion dough using a tablespoon scoop and roll balls in the palm of your hand.
4. Place in a bowl with remaining 3/4 cup shredded coconut and roll until the ball is fully coated. Place on a sheet tray; repeat with remaining balls.
5. Refrigerate 30 minutes, or until firm. To store, keep refrigerated in an airtight container for up to 1 week.