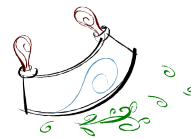


# “Cookie Dough” Balls

*These are great in lunches or right out of the freezer as a snack or for dessert!*



## **Ingredients:**

- $\frac{1}{2}$  cup raisins
- 1  $\frac{1}{4}$  cups pecans (no salt added)
- 1 cup unsweetened shredded coconut\*
- 1 teaspoon vanilla
- 1 Tablespoon melted butter
- 2 Tablespoons honey
- $\frac{1}{8}$  teaspoon salt

\*As "Breaking the Vicious Cycle" states, wait until symptoms have subsided before introducing the fiber found in coconut.

## **Directions:**

Place raisins, pecans, and coconut in a food processor. Blend until pieces are fairly small but still have some texture.

In a large bowl, mix the raisins, pecans and coconut with vanilla, butter, honey and salt.

Form into 1 - 2 inch balls and place on a greased cookie sheet. Bake in 300 degree oven for about 10 minutes, until slightly golden brown.

Remove from oven and cool.