

# Lemon Bites

Gluten free, dairy free, vegetarian, naturally sweetened

## Ingredients:

- 1 scoop vanilla protein powder \*[Complete is my favourite](#)
- 1 1/3 cup gluten-free old fashioned rolled oats
- 1 cup Medjool dates, pitted
- Juice from 1 large lemon
- 1 tsp pure vanilla extract
- Optional: Shredded coconut

## How to Make:

1. Combine all ingredients (except coconut) in a food processor. You can also mix in a bowl with finely chopped dates.
2. Using about 1 heaping tbsp of the mixture at a time, roll between hands to form 1-inch balls. I prefer using a cookie scooper because it's sticky.
3. Roll in shredded coconut.
4. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



## Trina's Tidbits:

This recipe is part of our Fit4Females 10 Day Shred Program. Making snacks at home ensures healthier ingredients and less additives than store bought. Full of lemons which are so good for our bodies.