

# NOURISH

holistic health & nutrition

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## *Anti-Inflammatory Turmeric Coconut Bites*

Servings: About 40 bites

Time: 20 minutes prep, 30+ minutes to set

### *Ingredients:*

- 1 cup coconut butter (not coconut oil)
- 3/4 cup shredded coconut + 1/4 cup for Topping
- 1 tbsp almond milk
- 1 tbsp coconut oil
- 2 tsp turmeric
- 1/2 tsp cinnamon
- Pinch of black pepper
- 1 tbsp pure maple syrup

### *Directions:*

Add the coconut butter and the shredded coconut to a mixing bowl and stir well to combine. You want the coconut butter to be softened (but not melted), so use your hands to gently warm the butter if needed.

Add the remaining ingredients and combine.

Begin rolling the dough into balls about 1/2 inch thick in diameter. Roll bites in the remaining 1/4 cup of shredded coconut. If the coconut flakes are too large, You can quickly post them in a food processor and then roll the bites in the process to coconut flakes.

Put the turmeric bites into the refrigerator and chill for a minimum of 30 minutes, or in the freezer for more of a bite.

Remove from the fridge and enjoy within 7-10 days. Best served chilled!