



TURMERIC AND COCONUT BITES

🕒 30 min. ⌚ 45 min. 🍴 easy 🍴 25 pieces

📊 Per 1 piece: Energy 530.8 kJ/ 127.9 kcal, Protein 1.3 g, Carb 7.6 g, Fat 9.6 g, Cholesterol 0 mg, Dietary fibre 0 g

INGREDIENTS

200 g desiccated coconut
 30 g coconut oil, solid
 80 g honey, thick set
 ½ tsp ground cinnamon, or to taste
 ⅛ tsp ground cardamom, or to taste
 1 tsp ground turmeric
 ¼ tsp vanilla extract

Coating

200 g white chocolate, small pieces or callets
 40 g desiccated coconut

USEFUL ITEMS

baking tray and baking paper

THERMOMIX PARTS

measuring cup, spatula

PREPARATION

1. Line a baking tray with baking paper.
2. Place 200 g coconut in mixing bowl then blend **1 min 30 sec/speed 9**, stopping to scrape down with spatula as necessary.
3. Add oil, honey, cinnamon, cardamom, turmeric and vanilla extract then mix **30 sec/speed 3**, stopping to scrape down with spatula as necessary.
4. Using hands (see tip), shape into approx. 25 balls, squeezing out any liquid then place on prepared tray. Place in fridge to set for 10 minutes. Meanwhile, clean mixing bowl and continue with recipe.

Coating

5. Place chocolate in mixing bowl, grate **8 sec/speed 9** then melt **3 min/50°C/speed 4**. Transfer to a bowl.
6. Place another bowl on mixing bowl lid and weigh in remaining 40 g coconut. Remove bowl.
7. Using forks, roll each ball in melted chocolate then coat in coconut. Place back on lined baking tray and leave to set in fridge for 10 minutes before serving.

TIP

- Use disposable gloves to shape the balls to avoid staining your hands.