

# Bağışkarlık Arttırıcı Tropikal Toplar

Delicious immunity-boosting tropical energy balls packed with dried fruits and coconut. No-bake, vegan, and ready in 20 minutes!

20	20	6	Easy
HAZIRLIK DK	TOPLAM DK	PORSİYON	ZORLUK

Bağışkarlık Arttırıcı Tropikal Toplar

## Malzemeler

- 4.8 oz dried mango
- 1.6 oz mulberry
- 4.8 oz cashew nuts
- 1.6 oz grated coconut
- 1 tbsp baobab powder
- 1 tbsp rosehip powder
- 1 tbsp turmeric
- 1 lemon

## Yapılışı

- Process the dried fruits**

Add 4.8 oz dried tropical fruits and 1.6 oz dried coconut to a food processor. Pulse 10-15 times until roughly chopped, then process continuously for 2-3 minutes until the mixture forms a sticky paste with small pieces remaining.
- Add additional dried fruits and coconut**

Add 4.8 oz additional dried fruits and 1.6 oz more dried coconut to the food processor. Process for 1-2 minutes until all ingredients are finely chopped and well combined.
- Add honey, coconut oil, and lime juice**

Add 1 tablespoon honey, 1 tablespoon coconut oil, and 1 tablespoon lime juice to the mixture. Process for 30-60 seconds until the mixture holds together when pressed between your fingers.
- Test and adjust consistency**

Pinch a small amount of mixture and try to form it into a ball. If it's too dry and crumbly, add 1-2 teaspoons of water and pulse briefly until it holds together.
- Shape the balls**

Scoop 1 tablespoon of mixture at a time and roll between your palms to form smooth, compact balls about 1 inch in diameter. You should have approximately 16 balls.
- Apply coating**

Place the remaining shredded coconut on a plate. Roll each ball in the coconut, pressing gently to help the coating stick evenly on all sides.
- Chill to set**

Place the coated balls on a parchment-lined plate and refrigerate for at least 30 minutes until firm. Store covered in the refrigerator for up to 2 weeks.

to 1 week.

## ?puçlar?

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Use a food processor with a sharp blade for best results - dull blades won't properly break down the dried fruits and may leave chunks.

Chill your hands with cold water before rolling the balls to prevent the mixture from sticking to your palms.

For extra tropical flavor, add a tablespoon of lime zest or a few drops of vanilla extract to the mixture.

Roll the balls in different coatings like sesame seeds, chopped pistachios, or cacao powder for variety.

Make sure dried fruits are soft and pliable - if they're too hard, soak them in warm water for 5 minutes and pat dry before using.

Store in a single layer initially to prevent them from sticking together, then layer with parchment paper if stacking.

For perfectly uniform balls, use a small cookie scoop or melon baller to portion the mixture before rolling.