



Raw Greek almond snowballs – Kourabiedes

10'
Hands on

20
Portion(s)

1
Difficulty



Method

- In a **bowl**, mix the almond powder, coconut, salt, and set aside.
- In a **saucepan**, heat the coconut oil with the honey over medium heat, for a few seconds, until the ingredients homogenize and the honey becomes softer.
- Pour the mixture into the bowl with the solid ingredients, and mix with a spatula.
- Add the water and wear **gloves**.
- Press with your hands so that a malleable dough is formed. If needed, add a little more water so that the dough thickens.
- Shape the almond snowballs of 30 g each, and place them onto a **platter**. Optionally, you can place a blanched almond on top of each snowball.
- Dust with extra coconut, and serve.

Ingredients

- 280 g almond, powder
- 200 g ground coconut, + extra, to serve
- 1/4 teaspoon(s) salt
- 200 g coconut oil
- 50 g honey
- 80 g water, + extra water for the dough, optionally
- 20 almonds, to serve, optionally

Διατροφικός πίνακας

Nutrition information per portion

297 Calories (kcal)	28.0 Total Fat (g)	17.0 Saturated Fat (g)	4.0 Total Carbs (g)
15%	40%	85%	2%
3.6 Sugars (g)	4.8 Protein (g)	5.1 Fibre (g)	0.07 Sodium (g)
4%	10%	20%	1%