

Dr. Neison's Anti-inflammatory Lemon truffles
@Flavors4WellnessMD

Ingredients:

1/2 cup of almond butter
4 tablespoons maple syrup
2 tablespoons ground flaxseed
1 tsp turmeric
1 tsp ginger
1/2 cup oats
pinch of Pepper and salt
Zest of 2 lemons
Juice of 2 lemons
Unsweetened shredded coconut



Directions:

Mix all ingredients except the shredded coconut in the food processor. Use a small spoon to roll into 1 tsp balls. Dip truffles into a bowl of shredded coconut. Place in the refrigerator and enjoy over the next 2 weeks (if they last that long)!