

Foodnity Recipes

No-Bake Raspberry Coconut Balls – Easy Dessert

15 min	15 min	24
Prep time	Total time	Servings
Easy	**American**	
Difficulty	Cuisine	

Ingredients

Main Ingredients

- [ ] 2 cups fresh raspberries
- [ ] 1 cup unsweetened shredded coconut
- [ ] 1/4 cup honey or maple syrup
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp cream cheese, softened (optional)
- [ ] 1/2 tsp vanilla extract

Instructions

1. Wash the raspberries, pat them dry, then blend them in a bowl until smooth; if you prefer texture, mash with a fork.
2. In a separate bowl, whisk honey, lemon zest, vanilla, and cream cheese (if using) until smooth; this is your binding mixture.
3. Combine the raspberry purée with the binding mixture, then fold in toasted coconut until the mixture holds together when pressed.
4. Using your hands, roll the mixture into 1-inch balls; place them on a parchment-lined tray and chill for at least 10 minutes.
5. Before serving, lightly dust the balls with extra toasted coconut or drizzle with melted chocolate for a finishing touch.

Nutrition per serving

75 kcal	2 g	10 g	4 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
>
> - If the mixture feels too wet, add a little more coconut.
> - For a richer flavor, replace half the honey with a spoonful of almond butter.
> - These balls can be frozen; thaw gently before serving.