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HEALTHY COCONUT "MOUNDS"

Coconut lovers will go crazy for this no-bake, vegan version of the classic candy treat!

INGREDIENTS

YIELDS 12-14 PATTIES

- 1 cup unsweetened shredded coconut
- 3 ½ tbsp maple syrup or honey
- 2 tbsp + 1 tsp coconut oil
- ½ tsp pure vanilla extract
- ½ cup dark chocolate chips

HEY, MAMA...

- Coconut is a fibre-rich source of vitamins, like other plant-based foods!

INSTRUCTIONS

ADAPTED FROM: [CHOCOLATECOVEREDKATIE.COM](https://chocolatecoveredkatie.com)

- 1** Combine all except chocolate in food processor. Pulse to combine. Line a plate with parchment.
- 2** Form patties by hand, then freeze until firm. (If too sticky to work, freeze in a bowl 2-3 mins first).
- 3** Combine chocolate + 1 tsp oil; use a microwave or double boiler to melt.
- 4** Dip patties in sauce, using large fork or spoon; lay on plate. Freeze + store in airtight container.

MORE RECIPES + MEAL PREP ADVICE
FOR MAMAS AT:

[THEMAMARESET.COM](https://themamareset.com)