

Tropical Snowballs

Liquid from 2 Young Thai coconuts or 20 oz. of store bought raw coconut water
1/3 cup raw honey
1 1/2 - 2 cups shredded unsweetened coconut + 1 cup for rolling the mixture in after freezing
Juice of 2 lemons
Juice of 1 orange
1 cup fresh pineapple juice
1 large banana

Place all ingredients into the blender and blend until smooth. Place in an ice cream freezer or in a container in the freezer until frozen. Using an ice cream scoop, scoop the frozen mixture into a bowl with the additional cup of shredded coconut and roll each scoop in the coconut to coat. Place on a tray or plate and freeze until ready to serve.

Adapted from a recipe by Deborah A. Toczek from the Regenerative Diet Cookbook

