

Raspberry Coconut Bites

Makes 12 servings | A Diabetic-Friendly Recipe

Ingredients:

- 1 1/2 cups unsweetened shredded coconut
- 1/3 cup almond flour
- 1/4 cup powdered erythritol
- 1/4 teaspoon salt
- 1/3 cup fresh raspberries
- 1 teaspoon vanilla extract
- 1 large egg white



Directions

1. Preheat the oven to 325°F (160°C) and line a baking sheet with parchment paper.
2. In a food processor, pulse the shredded coconut, almond flour, erythritol, and salt until well combined.
3. Add the raspberries, vanilla, and egg white. Pulse until the mixture becomes sticky and holds together.
4. Scoop tablespoon-sized portions and form them into small mounds. Place on the prepared baking sheet.
5. Bake for 18 to 20 minutes until the tops are lightly golden.
6. Let cool on the baking sheet for 10 minutes before transferring to a wire rack.

Food Fun Fact

Each raspberry is actually made up of many tiny individual fruits called *drupelets*, each with its own seed. On average, a single raspberry contains about 100 drupelets, all clustered around a central core!