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Recipe:
Apple balls



Ingridients:
1 x apple
4 x tablespoons of coconut flour
1 x teaspoon of cinnamon

Difficulty:

General description and procedure:

- Peel and grate the apple. Use a scraper with as few holes as possible, as this will result in a juicier mixture and make it easier to form balls.
- Add cinnamon and coconut flour and mix everything well.
- Form balls from the resulting mixture with your hands.
- Bake the balls in a heated oven at 180°C for about 20 minutes.
- One apple can make about 10 apple balls.