



Lemon Cheesecake Bliss Balls

A RECIPE BY YAKULT AUSTRALIA

Ingredients

- 2 cups of ground digestive biscuits
(note this can be substituted for almond meal)
- 1/2 cup of desiccated coconut
- 2 bottles of Yakult Original or LIGHT
- 150g cream cheese
- 1 lemon zested and juiced
- 1-2 tbsp of honey/maple syrup
- Extra coconut for rolling

Directions

1. Place all ingredients into a food processor and blitz until well combined.
2. Use wet hands to roll into tablespoon sized balls.
3. Sprinkle extra coconut on a plate and roll each ball in to coat, then place on a tray in the fridge to set.

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