

Coconut Cherry Bombs

Christmas on a platter, these little 'bombs' of natural goodness are really easy to make and use just four ingredients.



🕒 Time: 30 mins

👤 Serves 4-6

Ingredients

- 500g fresh Australian cherries
- 2 tsp (10ml) extra virgin coconut oil
- 1/4 cup (65g) coconut butter*
- 1/3 cup (50g) pistachios, finely chopped

**Coconut butter is different to coconut oil. Coconut butter is the flesh made into a butter. You can find this in health food stores.*

Directions

1. Pre-line a flat tray and keep in the fridge to cool whilst preparing other ingredients (pre-chilling the tray helps coconut coating to set quickly)
2. In a small mixing bowl, mix coconut butter and oil over boiling water to melt (use a small saucepan of boiling water and sit bowl over the top. The heat from underneath will melt the coconut in the mixing bowl)
3. Place pistachios in a small bowl
4. Holding the cherry by the stem, dip in coconut and immediately into pistachios
5. Place cherries onto pre-chilled tray and store in fridge to set
6. Serve straight from fridge



Casey-Lee Lyons

This recipe was created
by nutritionist
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For more simple and
healthy recipes please
visit her website
livelovenourish.com.au

Get the best from your Australian Cherries

Australian Cherries are available from November to February. Cherries are perfect for a summer picnic, lunchbox treat or festive family feast. They are also a smart summer snacking choice.

Selecting Tips

Choose cherries with green stems attached. The colour of the cherries will vary according to variety, however they should all appear plump with shiny skin. Avoid cherries that are soft and bruised, or small and hard.

Storage

Once picked, cherries cease to ripen, so should be consumed within four days of purchase. They last longer with the stem attached. Store cherries, loosely packed, in an airtight container or plastic bag in the fridge. Cherries can also be pitted and frozen, for up to six months.

Preparation

Rinse cherries immediately before consuming. Fresh cherries can be served intact with stones or once pitted, however, the stones should be removed before use in cooking. To remove the

stones, either use a cherry pitter or a small sharp knife, to cut a slit in one side of the cherry then remove the stone. Most cherries are very juicy, so consider pitting them inside a plastic bag to avoid stains.

Health Benefits

Fresh cherries are a good source of vitamin C and a useful source of potassium and dietary fibre.

