

Coconut Joys

Prep: 20 min. + chilling

Yield: 1-1/2 dozen

Ingredients:

- 1-1/2 cups flaked coconut
- 1 cup confectioners sugar
- 1/4 cup butter, melted
- 1 oz. Milk chocolate, melted
- 2 Tbsp. Chopped pecans or almonds



Directions:

In a large bowl, combine the coconut, confectioners sugar and butter. Form into 1-in. Balls. Using the end of a wooden spoon handle, make an indentation in the center of each ball. Fill with chocolate. Sprinkle with pecans or almonds. Place on a waxed paper-lined baking sheet. Chill until chocolate is firm. Store in the refrigerator.

Nutrition facts:

1 piece equals 101 calories, 6 g fat (4 g saturated fat). 7 mg cholesterol. 38 mg sodium, 11 g carbohydrate, trace fiber, trace protein.

Diabetic Exchanges: 1 starch, 1 fat