



## RECIPE

# PROTEIN BLISS BALLS

## INGREDIENTS

- 2 cups of desiccated coconut
- 1/2 cup macadamias
- 1/4 cup almonds
- 2 tablespoons of coconut oil
- 1/2 teaspoon vanilla bean paste or half vanilla bean pod
- Juice of 1/2 a lemon
- 1-2 tablespoons of maple syrup or raw honey
- OR, 2 pitted medjool dates

## CHOOSE YOUR FLAVOURING

- Lemon - juice and zest entire lemon
- Tropical - 1 cup combined frozen/fresh mango and frozen/fresh pineapple
- Raspberry - 1 cup of frozen/fresh raspberries
- Mixed berry - 1 cup of frozen/fresh mixed berries
- Cacao - 1-2 tablespoons of cacao nibs

## METHOD

1. Place all ingredients into a food processor/thermomix/blender and process for at least a minute.
2. Roll into balls the size of a 10c coin.
3. Roll in extra coconut (I prefer shredded coconut)
4. Place on a tray and refrigerate until firm

