

Here's to a Blissful Kind of Day

These balls of deliciousness are perfect for an afternoon tea pick-me-up, great snack for kids, great end to a picnic lunch, that don't cost \$3 a ball.

Little Lemon Coconut Bliss Balls

(recipe is from the uber talented Nutrition Guru, Tara @thenutritionguruandthechef)

2 cups cashews (unsalted)

1 cup shredded or dessicated coconut

1 tbsp honey

2 tbsp coconut oil

juice and zest of 1 medium lemon

Blitz cashews in food processor until the nuts are broken down to form a fine meal. Add the coconut, honey (or rice malt syrup), coconut oil, lemon zest and lemon juice and blitz until mixture is smooth. You may have to scrape down the sides of the blender a few times. Place the mixture in the fridge to firm up for 1 hour to make for easy rolling. Remove mixture from fridge and taking small portions, roll into a ball with your hands. Roll in extra coconut, or leave some without for fussier members of the family. Will last in the fridge for 1 week, and also suitable to freeze.



Choc Chia Bliss Balls

35g (½ cup) dessicated coconut

50g (½ cup) rolled oats

55g (½ cup) sunflower kernels

40g (¼ cup) sesame seeds

400g medjool dates, pitted

3 tbsp chia seeds

2 tbsp coconut oil

1 tbsp rice malt syrup

¼ cup cacao powder

Place the coconut in a small frying pan over medium heat. Cook, stirring occasionally for 2 minutes or until lightly toasted. Transfer to a plate to cool. Wipe the frypan clean. Add the oats, sunflower kernels and sesame seeds. Cook, stirring occasionally for 2 minutes or until toasted. Put aside on a second plate to cool. When cool, place this mix in a food processor until coarse crumbs form. Add the dates and process until well combined. Add chia seeds, coconut oil, rice malt syrup and cacao powder and blitz until combined. Place the mixture in the fridge for up to 1 hour to make for easy rolling. Remove mixture from fridge and taking small portions, roll into a ball with your hands. You can either keep them as they are, or roll in extra coconut or cacao, whatever you prefer. Will last in fridge for 1 week, and also suitable to freeze.

Apricot & Coconut Energy Balls

(Recipe is from the super-talents of dietitians, Anna and Alex from @The Biting Truth)

www.thebitingtruth.com

- 1 cup almonds or cashews
- 1 cup dried apricots
- ½ cup dates (soaked in boiling water)
- ½ cup desiccated coconut (plus extra for rolling)
- 1 tsp vanilla extract
- Pinch of cinnamon
- 1 tbsp chia seeds
- 2 tbsp coconut oil (melted)
- ¼ lemon zest

Place nuts in food processor and blitz for 1-2 minutes, or until crumbled. Add the rest of the ingredients to the food processor and blend until well combined. If the mixture is not sticking together, add a tablespoon of warm water. Transfer mixture to a bowl. Place some coconut on a large plate. Roll tablespoons of the mixture into balls and roll into coconut to coat. Place balls in airtight container in the fridge to harden. Balls should keep for up to 7 days in the fridge.

Enjoy your blissful day



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