



Raw Cacao Bliss Balls

I use the Thermomix to make these, you can use a good quality food processor to achieve the same result.

Ingredients:

- 50 grams Raw Pistachio Nuts
- 50 grams Raw Almonds
- 50 grams Raw Macadamia Nuts
- 50 grams Raw Cashews
- 200 grams Medjool Dates
- 100 grams Dried Blueberries
- 80 grams Raw Cacao Powder
- 70 grams Raw Honey
- 20 grams Chia Seeds
- 20 grams Linseeds
- 100 grams Shredded Coconut (plus extra to roll in)

Thermomix Instructions:

Add all ingredients to the Thermomix and blitz for 1 minute on speed 6 (to get to desired consistency).

If the mix is too sticky add a few more nuts and if it's not sticky enough add some more dates.

When you're happy with the consistency take a teaspoon and roll into small balls, roll those in the coconut and place on a tray.

Refrigerate for about 1 hour and you'll have a yummy sweet treat.

Food Processor Instructions:

Place all of the ingredients into the food processor and blitz until they come together. As with the Thermomix instructions if it's too sticky add more nuts and if it's not sticky enough add some more dates.

You should be able to easily make them into tight chocolate balls and roll them in the coconut.

Place on a tray and refrigerate for about an hour.