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Top 5 Bliss Balls recipes tried and tested many times over!

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Top 5 Bliss Balls recipes - tried and tested many times over!

Bliss balls are so easy to make, no cooking and no lengthy preparation are required. Simply combine all ingredients and then roll into small balls. They are nutrient dense foods rich in minerals, good fats and fibre. 2-3 balls per day will satisfy most people even those who crave sweets!

Here are my top 5 favourite recipes for you to enjoy as healthy and delicious treats such as snacks and/or desserts.

Tahini Bliss Balls

- 1 cup of rolled oats
- 1/2 cup of tahini
- 1/2 cup of chopped walnuts
- 2–4 tablespoons of honey

Place all the ingredients except for the chopped walnuts in a blender and process until smooth. Roll the mixture with your hands into small balls. Then pour the walnuts on a chopping board and coat the balls in walnut pieces. Place the balls on a plate and refrigerate until hard. Keep in the fridge.

Sesame Bliss Balls

Grind 10 tablespoons of sesame seeds (organic, unhulled), then add the following:

- 5 tablespoons of almond meal
- Around 1 tablespoon of raw honey
- 1-2 scoops protein powder (optional)
- 1-2 teaspoons organic unsulphured molasses (or to taste)
- 1 teaspoon cocoa powder (optional)
- Pinch of cinnamon

Mix all ingredients, adjust consistency as needed to form little balls – add a bit of water if required. Coat with coconut, nuts or cocoa powder. Keep in the fridge. Have 2-3 per day as a dessert/snack.

Adding one banana (mashed until almost liquid) will further enhance the flavour. Experiment with proportions and ingredients to find the best combination for you.

Chocolate Bliss Balls

- 1 cup desiccated coconut
- 1 cup almond meal
- 1/4 cup sesame seeds (grind them in the coffee grinder)
- 1 tablespoon chopped sunflower seeds
- 1 tablespoon of raw honey
- 1/2 teaspoon of vanilla extract
- 1 tablespoon of cocoa
- 1 teaspoon lemon juice
- 1 tablespoon boiling water

Mix together all ingredients, add more water if needed for better consistency / 'stickiness'. If needed, place the mixture in the fridge for an hour to set. Then roll teaspoons of the mixture into balls.

Coat the balls in the desiccated coconut or cocoa powder (you can make two varieties at the same time!) and place back in the fridge to harden. Have 2-3 per day. The balls will keep in the fridge for a week

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Raw Chocolate Fudge Bliss Balls

- 1 cup cocoa butter
- 1/2 cup coconut oil
- 1/2 cup raw cacao powder
- 2/3 cup hazelnut meal
- 1 tablespoon raw honey
- Sprinkle of sea salt

Mix all ingredients together and form into balls. You might have to warm the jars of coconut butter and oil under warm water to melt it a bit.

Cocoa and Banana Power Bliss Balls

- 2 bananas
- ½ cup of raw almonds soaked in water overnight
- 2 tablespoons cocoa powder
- 1/3 cup currants
- ½ teaspoon balsamic vinegar
- 1 cup desiccated coconut

Drain and dry the almonds and chop them in food processor. Add bananas currants and vinegar, place mixture in a bowl and keep adding coconut until mixture is firm enough to roll. Roll balls in lightly toasted coconut and place in fridge to firm before serving.

Enjoy!

Joanna

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