KELLY'S FAVOURITE



bliss ball *Recipes*

QUICK & HEALTHY TREATS

WHY I LOVE BLISS BALLS!

Giving up refined sugar was one of the best things I did for my health. I feel so much better for it! But it doesn't mean I have to go without. While I no longer crave sweet things, I can still enjoy delicious treats that are also nourishing. Win-win!

Bliss balls are...



QUICK AND EASY... pretty much throw the ingredients in a food processor, blitz, roll and they're ready.

DELICIOUS... and super-versatile with so many flavour options.

HEALTHY... free from refined sugars and grains but full of nutrients, they're a sweet treat that isn't bad for your body. You still shouldn't go overboard - I mean don't make a meal of them, as they're a sweet treat after all, and even healthy sugars need to be eaten in moderation.

FILLING...Being high in protein and healthy fats, they really keep you going.

Kelly Hine

LEMON COCONUT TRUFFLES

- 2 cups fine desiccated coconut
- 1 cup cashews
- ¼ cup 100% pure coconut nectar or maple syrup
- 1 tablespoon coconut oil
- 2 tablespoons lemon juice
- Zest of one lemon
- Pinch of sea salt
- Extra coconut to roll balls in



Blitz everything in a food processor till well combined. Make balls using a 1 tablespoon mixture per ball. Roll balls in desiccated coconut

Variation: add half a cup of dried cranberries.

Makes about 20 truffles

PEPPERMINT CACAO BLISS BALLS

- 1 and ¼ cup almonds (better for your digestion if soaked overnight then dried on a very low heat)
- 1 cup medjool dates
- 3 Tablespoons cacao
- 3 drops Doterra peppermint oil (or other high quality food-grade essential oil)
- Pinch of Himalayan rock salt
- ¼ cup cacao nibs (optional but they give a nice crunch!)



Blitz everything except the cacao nibs in food processor until it forms a soft and well-combined mixture.

Add cacao nibs and blitz a little more until just mixed through. Roll in tablespoon-sized balls.

Variations: I like to sometimes add chia seeds/ goji berries and you can also omit the peppermint oil.

CINNAMON DOUGHNUT BLISS BALLS

- 200g raw cashews
- 75g pecans (or can substitute other nuts)
- 85g dates 50g maple syrup
- 20g desiccated coconut
- ¼ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground Himalayan salt

CINNAMON SUGAR:

- 1 tablespoon coconut sugar or rapadura sugar
- ½ teaspoon ground cinnamon



Blend cinnamon and sugar together in food processor until very fine. Set aside. Blitz all bliss ball ingredients together until smooth and glossy. Roll into teaspoon sized balls. Put in a paper bag or zip-lock bag with the cinnamon sugar and shake to coat.

I find the mixture goes quite oily from the nuts. Use a paper towel to blot some of the oil, but don't worry, this is healthy fat!

Source: Thermomix Recipe Community

FERRERO ROCHER BLISS BALLS



2 cups hazelnut meal
3 tablespoons almond butter
3 tablespoons cacao or cocoa
3 tablespoons honey*
2 tablespoon coconut cream
1 teaspoon vanilla extract
pinch of salt

Heat a large frypan over medium heat. Add the meal and stir frequently for 3 – 4 minutes or until the meal is fragrant.

While the meal is toasting add the remaining ingredients to a bowl and mix until they are well combined. Add the meal and mix to combine.

Use your hands to press and shape the mixture into balls. Place the balls into the fridge to set.
Serve. Eat. Enjoy.

Source: Wholefood Simply

RASPBERRY BLISS BALLS

- 1 cup frozen raspberries
- 10 medjool dates, seeds removed
- 1 cup raw cashews
- 2 cups desiccated coconut
- 1 teaspoon vanilla extract
- pinch of salt



Place the ingredients into your food processor and pulse at high speed until the mixture is broken down, well combined and sticking together. Use your hands to shape the mixture into balls.

Either leave the balls as they are or roll in coconut or cacao or cocoa or drizzle with melted dark chocolate. Place in the fridge to set.
Eat and enjoy.

Source: Wholefood Simply (I highly recommend checking out the website and books - so many super-simple and lovely recipes!)