

INGREDIENTS

1 Cup Almond Chunks
10 pitted Medjool Dates
3/4 cup Almond Meal
1/2 cup Crunchy Almond Butter
1 Tbsp Honey
1 tsp Vanilla Extract or 1/2 seed pod
1/2 tsp Cinnamon

Coating - your choice of:

Chia Seeds

Shredded Coconut

Cocoa Powder

INSTRUCTIONS

1. Add all ingredients to a food processor.
2. Combine until a sticky dough forms.
3. Line a tray with baking paper
4. Using a tablespoon scoop mixture and roll into balls with your hands.
5. Cover balls in coating of your choice or leave plain and place on tray.

Store in an air-tight container in the fridge for 5-7 days or freeze for up to 3 months.



Almond Bliss Balls



16 Small 8 Large



10 minutes

These almond bliss balls are great for when you need an energy boost. They are quick and easy and can be tailored to suit your preference. For a vegan option, switch honey for rice malt syrup.

Tip: If the mixture is too dry, you can add more honey, almond butter or dates.

