

4 Ingredient Brain Boosting Bliss Ball



DIETARY INFO: DF, EF, GF, V, VEG

SERVES: 10

PREP TIME: 25 mins

COOK TIME: 1 hour to set in the freezer

Ingredients

1/2 cup	Mixed seeds (80g)
1 cup	Blueberries dried (150g)
1 cup	Walnuts (110g)
1 cup	Desiccated coconut (80g)
1/3 cup	Filtered water (80ml)



Tips

Optional boosters:

- Add 1/3 cup (55 g) almonds.
- Add 2 tbs (30 g) hemp seeds.
- Add 2 tbs (40 ml) coconut oil, melted.

Optional flavourings:

- Add 1 tsp vanilla extract or powder.

Optional sweeteners:

- Add 1/4 cup (65 ml) raw honey.
- Add 1 small ripe banana.

Allergy advice and simple swaps:

- For a nut-free alternative: Swap walnuts for 1 cup of mixed seeds of choice.
- Swap dried blueberries for Medjool dates.
- Swap walnuts for almonds.

Method

1. Place mixed seeds, dried blueberries, walnuts, water and 1/2 cup of desiccated coconut into a high-speed food processor and blend until it reaches a smooth texture.
2. Take a tablespoon of the mixture and roll into a ball. Continue this with the rest of the mixture.
3. To coat, roll the balls in the reserved half cup of desiccated coconut.
4. Place bliss balls in the freezer and leave to set for 1 hour or alternatively keep in the fridge.

Serving and storing leftovers: Store in an airtight container in the fridge for up to 1 week or in the freezer for up to 4 months.