



Walnut bliss balls



Makes 12

- 1 cup roughly chopped walnuts
- 1 cup chopped pitted dates or figs
- 1 tablespoon raw cocoa
- 2 teaspoons chia seeds
- 1 tablespoon of coconut oil

Place the dates/figs, walnuts, cocoa and chia seeds in the bowl of a large food processor and blend for 1 minute or until mixture is fully combined and forming a ball. Additional water or coconut oil can be added if required.

Using your hands, roll the mixture into walnut sized balls (approx. 3cm in diameter).

To serve roll in desiccated coconut, powdered cocoa, crushed nuts or matcha powder and place on a lined tray.

Alternatively press all of the mixture in a tray and make a slice.

Refrigerate, covered, for up to 7 days.

Note: any nut can replace the walnuts, I like almonds, sunflower and pumpkin seed and to boost the protein content further add your favourite protein powder (Amazonian Raw Vanilla or Teresa Cutter's are my favourites).

Nicole McAuliffe
Clinical Nutritionist
Create Wellbeing Group
www.createwellbeinggroup.com