



Well Within Recipes

CHOCOLATE BLISS BALLS

INGREDIENTS

- 1 cup of your choice of nuts - peanuts, almonds, walnut etc.
- 1 tablespoon of raw cacao powder
- Pinch of cinnamon
- 1 tablespoon of seeds of your choice - flaxseeds, chia seeds, sesame etc.
- 2 tablespoons of honey
- small bowl of desiccated coconut to roll the balls in
- Optional extras: goji berries, ginger, cranberries, raisins



Makes about 15 balls
depending on size

METHOD

1. Add nuts to food processor and blend for a few minutes until you have a nut butter. Please note it will first go to flour but continue blending and it will go to butter
2. Add nut butter to a bowl. Mix the cacao, cinnamon, chia seeds, and honey until it is mixed through. Add any optional ingredients as well.
3. Roll into small balls then roll coconut around the ball til covered
4. Put in fridge for 20 minutes to cool and harden so that ingredients stick together before eating.