

Raspberry Bliss Balls

Serves: 6 | Gluten Free | Dairy Free | Plant Based | Snacks



INGREDIENTS

70g (½ cup) cashew nuts
 80g (1 cup) desiccated coconut
 ½ cup frozen raspberries
 1 teaspoon maple syrup
 Zest of one lemon (or orange is also good)
 ¼ cup desiccated coconut to roll them in

Variations

Nut-free

Use sunflower seeds or rolled oats instead of cashews (grind finely as you would the nuts).

Low-fructose

Choose rice malt syrup as your sweetener.

Choc-raspberry

Add a tablespoon of cacao.

METHOD

1. Grind your cashew nuts in a food processor.
2. Add the coconut, raspberries, maple syrup and lemon zest.
3. Blend to combine.
4. Roll into balls and then roll in more coconut.

Store in the freezer and if packing in a lunchbox, pack from frozen.

Serve 2 bliss balls with a nice cup of licorice tea for an afternoon pick-me-up!

Health Benefits

Cashews are a great source of monounsaturated fats, antioxidants, and magnesium, also high in tryptophan that converts to serotonin – we call them nature's anti-depressants!!

Raspberries have anti-inflammatory properties and are high in antioxidants.