

Matcha Bliss Balls

Serves: 5 | Gluten Free | Dairy Free | Plant Based



INGREDIENTS

½ cup natural pistachios
½ cup pumpkin seeds
½ cup desiccated coconut
10 pitted dates (medjool if you can find them)
1 tsp matcha powder
1 tsp moringa powder (optional)

METHOD

1. Grind half of pistachios (1/4 cup) in a food processor, set aside for rolling.
2. Add all other ingredients into your food processor and blend well.
3. Once chopped finely roll into balls.
4. Roll in ground pistachio crumbs.

Store in the fridge for 7 days or freezer for 12 weeks.

Benefits

Pistachios are high in minerals, protein and fibre which can help you feel full for longer, the fibre can also have a beneficial effect on your gut bacteria.

Pumpkin seeds are a good plant source of zinc required for healthy skin and immunity.

These snacks have been given the tick of approval for afternoon snacks from some of my fussiest clients 😊