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BLISS BALLS

Delicious high energy balls, perfect for before and after training...or anytime

10 minutes
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14 portions

INGREDIENTS

- 4 tbsps of cocoa, dry powder, unsweetened (22 g)
- 4 tbsps of peanut Butter, smooth (64 g)
- 125 grams of mixed fruit, dried
- 100 grams of nuts, mixed
- 1 tablespoon of oil, coconut (11 g)
- 1 tbsp of honey (21 g)
- 100 grams of coconut, desiccated

COOKING METHOD

1º Place all ingredients (except the honey - or you can use maple syrup) in a food processor and blend until it forms clumps (add more coconut oil if the mixture is too dry). Continue blending and slowly pour in the honey. The mixture should be slightly sticky. Roll into snack sized balls and refrigerate. The bliss balls are ready to eat straight away, but will firm up more in the fridge.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (32 g)	% DRI
ENERGY	469 kcal	148 kcal	7 %
FAT	36 g	11 g	17 %
FATTY ACIDS, TOTAL SATURATED	18 g	6 g	28 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	83 mg	26 mg	1 %
CARBOHYDRATE	32 g	10 g	3 %
SUGARS	8 g	2 g	–
FIBER	5 g	2 g	6 %
PROTEIN	11 g	4 g	–