

Jaffa Bliss Balls

8 Medjool Dates

150 g Cashews (raw)

85g Macadamias (raw) (approx. 1 heaped cup of nuts total).

2 tablespoons Chia Seeds

2 tablespoons Coconut oil

2 tablespoons Cacao Nibs

2 tablespoons Cacao

8-12 drops Wild Orange Essential Oil

2 tablespoons Water (give or take depending on consistency)



Put all these ingredients together in a high power blender – blitz to your desired consistency – (I quite like it a bit crunchy).

Roll into balls.

Store them in the freezer (this makes them chewy and delicious - and they seem to last longer while you eat them!!!)

Hayley



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