

ACAI BOWLS & BLISS BALLS

BERRY BLISS BALLS (RAW, VEGAN, GLUTEN FREE)

10 balls

Ingredients

- 1 cup (100 g) mixed berries, fresh or frozen
- $\frac{3}{4}$ cup (80 g) gluten free oats
- $\frac{1}{4}$ cup (35 g) coconut flour*
- $\frac{1}{3}$ (20g) shredded coconut
- 1 Tablespoon coconut oil
- 1 pinch of salt
- $\frac{1}{4}$ cup (40 ml) maple or agave syrup**

Instructions

Place all the ingredients in a food processor (blender) and mix until you get a sticky dough. If too dry, add a few drops of water.

With your hands or using a small ice cream scoop, shape the balls. Optional: coat with shredded coconut or unsweetened cocoa powder.

Let set in freezer for 30 minutes before serving. Store in a airtight container placed in the refrigerator for up to one week, or up to one month in the freezer.

Notes

** You can replace agave or maple syrup with 4 pitted fresh dates. If using them, adjust the quantity of water to moisten the texture.



ACAI BOWL

Ingredients

- (Per bay)
- 3 x acai sashay per bay
- $\frac{1}{2}$ cup raspberries
- $\frac{1}{2}$ cup blueberries
- $\frac{1}{2}$ cup cold water
- $\frac{1}{2}$ tspoon of cocoa

Serving/presentation

- (Per bowl)
- $\frac{1}{3}$ cup granola
- $\frac{3}{4}$ cup shaved coconut
- $\frac{3}{4}$ petitas
- 1 x T spoon honey or maple syrup
- Chia seed
- Shaved chocolate

1. Blend acai, raspberries, blueberries, water and cacao until a smooth mixture has formed
2. Decorate your bowl to how you wish. Use the below as examples of ideas

