

RECIPE: Hemp Bliss Balls

PREP TIME: 10 mins

DIFFICULTY: Easy As

INGREDIENTS:

1/4 cup chia seeds
1/2 cup hemp hearts
1/4 cup coconut
1/4 cup almond meal
1/4 cup stevia powder
1 tablespoon cocoa
2 tabs coconut oil
1 teaspoon vanilla

For texture
add cocoa nibs
or macadamias



METHOD:

- Pop chia seeds in a bowl and cover with plenty of water (it will absorb)
- Measure dry ingredients and add to a big bowl
- Check the chia seeds and stir. If they are too gelatinous, add a little more water.
- Add coconut oil and vanilla to the chia seeds. Stir.
- Add wet ingredients to dry bowl and mix well. Using your hands will help to mix it properly.
- Roll into balls. Makes about 12.
- Store in the fridge.