



CNY Cacao Balls

LEVEL: Easy

PREP TIME: 30 mins

COOK TIME: none

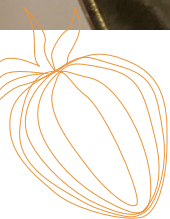
Cacao is a superfood rich in minerals, vitamins and antioxidants, with a long list of benefits including lower risk of diabetes and heart disease, reduced inflammation and better cognitive function. Raw cacao is healthier than cocoa or chocolate because some of its nutritional value is lost during processing. But please do not worry if you cannot find cacao powder or cacao nibs, unsweetened chocolate powder is still wonderfully delicious and nutritious.

Ingredients

- 1/3 cup coconut palm sugar
- 4 tablespoons cold pressed coffee or 1 shot of espresso
- 1 tablespoon vanilla extract
- 1/4 teaspoon salt
- 1 cup rolled oats
- 1 cup dried shredded coconut, plus 1/4 cup extra for rolling
- 1/4 cup cacao powder (or unsweetened chocolate powder)
- 2 tablespoons cacao nibs
- 1 tablespoon coconut oil
- 1 tablespoon Maca powder (optional)
- Toppings: goji berries, matcha powder, cacao nibs, chopped nuts

Method

- In a medium sized bowl, add and mix the coconut sugar, coffee, vanilla extract, and salt until dissolved.
- Add the remaining ingredients and stir into a consistent texture
- Scoop and roll the batter into 20 balls. Each roughly 1 tablespoon.
- Roll the balls in another bowl of shredded coconut until coated.
- Be creative with the toppings, feel free to use goji berries, matcha powder, cocoa nibs or finely chopped nuts.
- Best served chilled. Keep in refrigeration for up to 7 days.



No Bake Nut Butter Balls

LEVEL: Easy

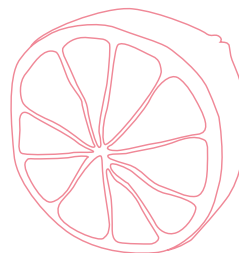
PREP TIME: 30 mins

COOK TIME: none

This is a beginner friendly, delicious and nutritious snack that you can make with minimal equipment and skill. All you need is a big bowl, a cup, some spoons and ingredients. Pick your favourite nut or seed butter for best taste. Optionally upgrade the nutritional content with anti-inflammatory and omega-3 rich chia and hemp seeds, plus maca powder for endurance.

Ingredients

- 1.5 cups gluten free rolled oats
- 1 cup your favourite nut or seed butter
- 2 tablespoons maple syrup or honey
- 1 tablespoon protein powder
- 2 tablespoons dark chocolate chips
- 1 tablespoon unsweetened cocoa powder
- 1 tbsp chia or hemp seeds or maca powder (optional)



Method

- Add all ingredients in a large bowl and stir well to combine.
- The mixture is thick at first but should stick together after a few minutes.
- Add a little water or almond milk if too dry.
- Once the mixture becomes a consistent dough, use a tablespoon (or a cookie scoop) to spoon and roll into 24 cookie sized dough balls.
- Store in fridge (up to a week) or freezer (up to a month).
- Note: please wear gloves if you are making these for others.

