



healthy lifestyle nutrition

ALMOND BROWNIE BLISS BALLS

Ingredients:

- 1 ½ cup almonds
- ¾ cup rolled oats
- ¼ cup cacao powder

- 2 teaspoons vanilla extract
- 12 medjool dates pitted
- 40 grams cacao nibs
- 1 tablespoon almond oil

Directions:

- 1. Add 1/2 cup almonds to food processor. Process on medium speed to crush for coating bliss balls. Do not over process as you do not want almond meal. Pour into a small dish, set aside.
- 2. Add remaining 1 cup of almonds, oats, cacao, vanilla extract into a food processor, process on high speed for 20 seconds.
- **3.** Scrape down sides of the bowl, add dates and cacao nibs and continue processing on full speed for another 20 seconds.
- 4. Again, scrape the sides of the bowl and add the almond oil, continue to process for a further 20-40 seconds or until mixture combines.
- 5. Form into bite-sized balls.
- Roll each ball into crushed almonds.
- Store in the fridge in an airtight container for up to 1 week.





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