

Turmeric, Coconut, Vanilla Bliss Balls



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Used Teas



t-Series Ceylon
Cinnamon Spice Tea

Ingredients

Turmeric, Coconut, Vanilla Bliss Balls

- 1 1/2 (90 g) cup unsweetened shredded coconut
- 1 cup (140 g) raw cashews
- 2 tbsp pure maple syrup
- 3 tsp organic ground turmeric
- 1 tsp black pepper
- 1 tsp organic ground ginger
- 1 tsp t-Series Ceylon cinnamon spice tea
- 1/2 tsp sea salt



- 1/2tsp vanilla essence
- 100g fresh dedicated coconut and 10g powdered tropical breakfast tea mixed together as a coating for the balls

Methods and Directions

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- Add the coconut to a high-speed blender or food processor and mix until it starts to get a bit oily. Add the rest of the ingredients and mix until the cashews are broken down.
- Press the mixture into balls.
- Roll them in your hands and then coat 1/2 the ball with the coconut tea mixture.
- You won't be able to roll it so just press it into balls gently. Once they're in the fridge they will harden.
- Let set in the fridge for a couple hours.

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