

Dilmah Green Tea with Coconut and Mango Bliss Balls



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Ingredients

Dilmah Green Tea with Coconut and Mango Bliss Balls

- 1 ½ (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. Ceylon cinnamon
- ½ tsp. sea salt
- ½ tsp. vanilla essence
- 100g fresh dedicated coconut and 10g powdered Green Tea with Mango and Coconut 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 ½ 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 sit in the fridge for a couple of hours.

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