

Focus Bliss Balls

Makes 14 balls

FOCUS. Something we all probably need help with at some point in our busy day. This Orchard St lets you indulge in some of nature's finest herbal enhancers to lift the fog, clear the mind and cultivate greater presence and focus.

Perfect with a cup of tea at 3:30 at your desk or as you're running out the door to do the school run.

Ingredients

- 1/2 cup of Walnuts
- 1 cup Almond meal
- 1/4 cup Hemp seeds
- 4 Medjool Dates
- 1/4 cup Cacao powder
- 2 tbsp Cacao nibs
- 1/3 cup Coconut butter or coconut oil
- 1 tsp Focus Orchard St powder
- Pinch of salt
- Extra hemp seeds, cacao nibs, camu camu powder for rolling (optional)

Method

1. Set up your food processor or blender
2. Add the walnuts, almond meal and hemp seeds in and blitz just until the walnuts are broken up.
3. Add the remainder of the ingredients and pulse until its all combined, you're after a texture that sticks together but its too wet. Add more coconut oil or dates if you need more 'stickiness' or more almond meal if its too wet.
4. Roll into balls and then you can roll the ball in hemp seeds, cacao nibs or camu camu powder to make them look extra cool!
5. Store in the fridge for 5 days or in the freezer to make them extra fudge-y.

Notes:

- If you don't have any walnuts swap out for pecans or cashews



Vegan // Gluten Free // Real Food // Adaptogen // Healthy Fats // No Refined Sugars

Per Ball Energy:478kJ Protein:2.4g Fat:10g Sat Fat:3.1g Carbs:3.1g Sugars:2.7g Sodium:5mg