

HOW TO MAKE BLISS BALLS

BLEND TOGETHER, ROLL THEM UP AND ENJOY!



STEP 1: DRY BASE

50g

NUTS
ALMONDS
BRAZIL NUTS
CASHEWS
HAZELNUTS
MACADEMIA
PACAN
PISTACHE
WALNUTS

SEEDS
FLAX SEEDS
HEMP SEEDS
PUMPKIN
SESAME
SUNFLOWER

GRAINS
BUCKWHEAT KERNEL
OATS
QUINOA FLAKES

EXTRAS
SHREDDED COCONUT
CACAO NIBS



STEP 2: SWEET & STICKY

50g

DRIED FRUITS
APRICOTS
DATES
CHERRIES
CRANBERRIES
FIGS
GOJI
PINEAPPLE
RAISINS

BUTTERS
ALMOND CASHEW
PEANUT
PUMPKIN
SESAME
SUNFLOWER

SWEETNERS
AGAVE
COCONUT NECTAR
MAPLE SYRUP

EXTRAS
APPLE
COCONUT OIL
FROZEN BERRIES



STEP 3: HEALTH BOOSTERS

1 PORTION 5-15g

FOREVER BEAUTIFUL – CHIA SEEDS, ACAI, MAQUI, ACEROLA, MACA, BLUEBERRY
SUPER GREEN – WHEATGRASS, BARLEY GRASS, BAOBAB, MORINGA, SPIRULINA, CHLORELLA
ENERGY BOMB – ACAI, GUARANA, MACA, LUCUMA, BANANA
POWER MATCHA – MATCHA, MACA, MORINGA, WHEATGRASS, BARLEY GRASS
CHOCOLATE LOVER – CACAO, CAROB, COCONUT, CHIA SEEDS, LUCUMA
MUSCLE POWER – PEA PROTEIN, RICE PROTEIN, MACA, LUCUMA, BANANA
SKINNY PROTEIN – PEA PROTEIN, HEMP PROTEIN, MORINGA, SPIRULINA, ALFALFA



STEP 5: EXTRA FLAVOUR

PINCH

CARDEMON
CHAI SPICES
CINNAMON

NUTMEG
SPECULAAS
VANILLA