



Red Velvet Bliss Balls



20 servings



15 minutes

INGREDIENTS

- 2 small-medium beets (100g) COOKED (see notes OR packaged)
 - 1 1/2 cups gluten-free rolled oats
 - 1 tablespoon tahini
 - 1 cup dates (softened)
 - 1/2 cup pepitas
 - 1/2 cup sunflower seeds
 - 1 tablespoon cacao powder
 - pinch of sea salt
 - 1/2 cup maple syrup
 - 1 tablespoon coconut oil
 - 1/2 cup shredded coconut
 - 1/2 cup milk chocolate chips (sugar-free)
 - 1 teaspoon vanilla essence
- For serving:
- 100g shredded coconut for garnishing - can be pulsed in the food processor to chop slightly smaller

NOTES

- ROASTING BEETS - Preheat the oven to 200°C.
- Wash and scrub the beets.
- Place in an ovenproof baking dish with a lid. Add 1/2 cup (120 mL) of water and cover with the lid.
- Roast for 45 to 60 minutes, or until fork-tender.
- Beets are easier to peel when warm
- Rich in anti-oxidants & supports liver detoxification
- Anti-inflammatory, high in fibre, iron, zinc, vitamin C and folate
- Brain & mood boosting with nitric oxide and tryptophan
- Blood sugar friendly - supports stable energy levels

DIRECTIONS

1. Soak the dates in hot water for 10 minutes to soften. Drain the water, but reserve it to add if the mixture feels a little dry.
2. Blend oats, seeds, shredded coconut and salt in a food processor until finely ground.
3. Add cacao powder and blitz until combined
4. Once your beet is cooled and peeled, quarter it and blend it with the dry ingredients.
5. Add tahini, coconut oil, maple syrup and vanilla
6. Blend until smooth, scraping down the sides with a silicone spatula as you go. Check the consistency. To make it a bit looser, add 1 tablespoon of reserved date water and blend again.
7. Once you reach your desired texture, add the chocolate chips and pulse a few times to combine
8. Transfer to a bowl and place in the fridge for 10 mins to firm up before rolling into 4cm balls.
9. Toss through remaining shredded coconut, chill and enjoy!

Time to prepare: 15 minutes

My Wellness Whisk