

# Broken Wheat & Whole Meal Flour Ball

12 small muffins or 8 medium size Servings | Prep Time 10-15 mins| Cook Time 10 -15 mins



*You can use different ingredients for bliss balls. Try with dates or grated carrot.*

Bliss Balls are energy balls full of protein. You can use raw ingredients or cook a bit. Either shape them round or mould them in a muffin tray.

**1** Dry roast oats & whole meal flour separately on a cook top or in a micro-wave. In a microwave, it takes 3-4 mins each to roast well. Keep stirring in between so that it doesn't burn. After it changes color & aroma, it is roasted properly.



**2** Mix oats & flour. Add cream. Mash 1 banana with a fork. Add & mix all. Dissolve sugar in few spoons of hot water. Then add in the mixture. Add cinnamon, salt so you don't taste the banana.



**3** Either cook it for few more minutes on the cook top or fill half-way the muffin tray to cook in a pre heated oven at 170 degrees for 10 mins. Then add beetroot juice in rest of the mixture & add a scoop of that mixture after 10 mins. Then cook for 5 - 6 mins. Decorate & eat warm or cold.



## Ingredients

¾ Cup Indian oats/ Daliya/ broken wheat

1 cup whole meal flour

1 banana

¾ cup coconut cream

3-5 tsp sugar

Pinch of cinnamon & salt



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