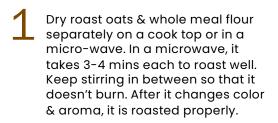
Broken Wheat & Whole Meal Flour Ball

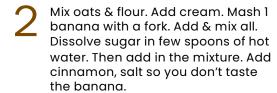
12 small muffins or 8 medium size Servings | Prep Time 10-15 mins | Cook Time 10 -15 mins



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.





Bither 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

% 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



