



SERENE

MADDIE'S BLISS BALLS



Ingredients

About 15-20 good fresh dates
A handful of oats
Some cashews
A tasty orange
Good chocolate powder

Recipe

1. Cut up the fresh dates into little pieces. Cover them with hot water and let soak until it becomes a jam (delicious on its own).
2. Blend some oats with the cashews until a powder.
3. Mix the powder with the dates until a thick mixture.
4. Add your flavors. We use orange and cacao powder. Mix until a smooth texture that is easy to roll in a ball.
5. Roll into tasty balls and cover with your desired topping. We use chocolate powder and orange zest.

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serene.eco ♥ letusknow@serene.eco ♥ WA +32 499 17 17 51