

CRANBERRY & COCONUT ENERGY BITES

MAKES 36 / PREPARE 15 MINS / CHILLING 15 MINS (OPTIONAL)

Ingredients

110g	Dried cranberries
100g	Coconut cream
25g	Flax seeds
55g	Hemp seeds
90g	Blanched almonds
2-4tbsp	Beetroot juice
50g	Shredded coconut for coating

Instructions

Put all ingredients (except the shredded coconut) together in a high-speed blender.

Blitz, increasing the speed gradually, until the ingredients are well amalgamated and have formed a sticky paste.

Wet your hands and form balls the size of a quail's egg then roll them in shredded coconut.

Transfer to a plate and refrigerate for 30min to firm up.

TIP – Add tablespoonful of freeze-dried raspberries for a tangier flavor.



Nutrifacts



Cranberries are low in calories and high in FIBRE. They are also a great source of immune boosting VITAMIN C and antioxidants (polyphenols, flavonols and the anti-inflammatory quercetin) that may prevent cellular damage linked to cancer and cardiovascular disease.

Coconut is high in SATURATED FAT; however, it contains high levels of LAURIC ACID, a saturated fat that research shows it increases your good cholesterol. However, as it does contain other saturated fats that may promote cardiovascular disease, consume in moderation.

Flaxseed is high in FIBRE and a good source of vegetarian OMEGA-3 FATTY ACIDS, which help reduce inflammation and support brain development.

Hemp Seeds are high in FIBRE and PROTEIN so when used in a dessert, they help balance your blood sugar levels. Hemp seeds are also high in OMEGA-3 and OMEGA-6 essential fatty acids.

Almonds are high in FIBRE and vegetarian PROTEIN and a good source of dairy-free CALCIUM for healthy teeth and bones.