



## RED BEAN BLISS BALLS

SDA member: Hannah Baker



### Method:

1. Place all ingredients into a blender and pulse until desired consistency is reached
2. Scoop out small portions with a teaspoon and roll into balls. Coatings can include shredded coconut, ground black sesame or a light sprinkling of matcha powder (athletes, if you're in the registered drug testing pool – this is a risk, use alternate sources!)

## ReFuel Summer 2019-20

### Ingredients:

- 1/2 cup of natural nut paste (peanut or peanut butter, cashew & almond)
- 1/2 cup rolled oats
- 1/4 cup shredded coconut
- 1/4 cup sunflower seeds
- 350g canned red bean paste (found within Asian supermarkets)

### Nutrition Information

Makes 28 balls

One serve = 2 balls

| Nutrient     | Per serve |
|--------------|-----------|
| Energy       | 446 kJ    |
| Protein      | 4.3 g     |
| Fat          | 6.4 g     |
| Carbohydrate | 6.5 g     |
| Fibre        | 2.7 g     |

### HOT TIPS



Best kept in the freezer and removed 5-10mins before serving. These are great micro-nutrient rich top up snacks to keep your energy up beat all day! snack for vegetarian or vegan eaters as well as those wishing to support their gut health!