



## CASHEW AND OAT BLISS BALLS

Courtesy of: Joel Feren



### Method:

1. Blitz the cashews and the oats in a food processor
2. Add the shredded coconut, tahini and lemon juice and continue to blitz the mixture
3. Slowly add a small amount of water till the mixture becomes paste like
4. Roll the mixture into small bowls and roll the outer layer in the desiccated coconut
5. Store in the fridge or freezer

### Ingredients:

- 500g raw and unsalted cashews
- 500g of oats
- 4 tbsp of tahini
- 2 tbsp of lemon juice
- 100g of shredded coconut
- 200g of desiccated coconut
- Small amount of water to create a rolling texture

### Nutrition Information

Makes 48 balls

Nutrient	Per ball
Energy	637 kJ
Protein	3.6 g
Fat	11.1 g
Carbohydrate	8.3 g
Sugars	1 g
Fibre	2.8 g



### HOT TIPS

Making these in bulk and keeping them in the freezer saves time and ensures you have quality pre workout snacks for weeks.