



## Power Balls



### Ingredients:

- 3 cups any raw nuts, almonds & macadamias taste best
- 1½ cups pitted dates or your favourite dried fruit
- 3 tbsp extra virgin coconut oil
- Seeds of one plump vanilla pod or real extract to taste
- 3-4 tbsp raw cacao, to taste
- ½ cup desiccated coconut
- 1-2 cups extra coconut for rolling

### Method:

1. Process the nuts until they resemble fine breadcrumbs. Add all remaining ingredients and continue processing until very smooth and the mix starts coming together in a ball, this is the secret to well formed balls.
2. Taste and adjust any flavours or textures if needed. You do not want the mixture too wet as they will not hold their shape, or too dry that they will not stick together. If the mix is too dry add more coconut oil. If it is too wet add more desiccated coconut or cacao. Not sweet enough add more dates.
3. Roll into balls, then in coconut. We like to store and eat ours straight from the freezer.

\*Replace nuts with sunflower seeds for nut free zone

\*Courtesy of [www.kirawestick.com.au](http://www.kirawestick.com.au)

## “Nice Cream”



### Ingredients:

- 2 frozen ripe bananas
- 1 cup frozen raspberries or other berry
- 2 tbsp plain yogurt, optional

Method:

Place ingredients in a high power blender or food processor. Blend until smooth and creamy.

Variations: Mango Cream—Banana/mango, Chocolate Monkey—Banana/raw cacao powder, Nutty Monkey—Banana/nut butter, Summer Sunset Banana/watermelon/strawberry/lemon juice. Add a tablespoon of yogurt or coconut cream to make sorbet extra creamy, but this is not essential. If necessary add a small dash of water, a squeeze of fresh juice or extra yogurt to get the sorbet moving and to achieve ice cream consistency.