

ingredients

- serves 4

- 1 cup nuts
- 1 cup dried fruit of choice (dates or raisins)
- 2 Tbsp cacao powder
- 1/2 cup seeds (trail mix or chia seeds etc)

Optional

- 1 Tbsp protein powder
- 1 tsp superfoods (eg. spirulina, acai)

Makes: 10-12

Serves: 10-12

Estimated based on one serving size

directions

- Put all the ingredients into the Vitamix 2L container in the order listed and secure the lid.
- Turn your variable speed to number 5 and pulse your machine on and off for about 3 seconds each time. Make sure that you are holding the top of your machine.
- Select Variable 1. Turn the machine on and quickly increase the speed to 10, then override to High.
- Use tamper really well to press the ingredients into the blades.
- Once it has formed a nice dough, stop your Vitamix and turn the container upside down onto a chopping board. If it doesn't fall out by itself give it a little bit of help with a spatula etc.
- Form into a nice rectangle and cut into the desired serving size. You can also roll the mixture into little balls and roll them in shredded coconut.
- Can be kept in an airtight container in the fridge for a few days.
- It is best eaten straight away as it is nice and warm.
- Enjoy!

Protein Bliss Balls