

NUDE FOOD'S
BLISS BALLS WITH
JERSEY HEMP CBD

Prep time *15 minutes*
Cook time *0 minutes*
Makes *12-15 balls*

INGREDIENTS

100g (3.5oz) of oats
115g (4oz) of soaked Medjool dates
1 tablespoon (120mg) of
Jersey Hemp CBD oil
35g (1oz) of shredded coconut
4 tablespoons of melted coconut oil
1 tablespoon of vanilla protein
powder
1 teaspoon of spirulina

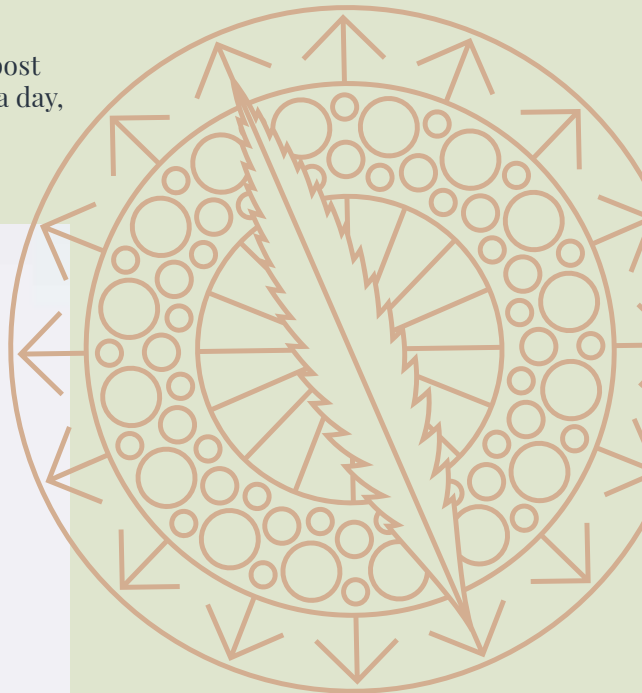


METHOD

Add the Medjool dates, oats, coconut oil, protein powder, spirulina and CBD oil to a food processor and pulse until it forms into a sticky dough. Refrigerate the mix for 20 mins.

Using your hands, roll the dough into bite-size balls. Sprinkle the shredded coconut onto a plate and roll the balls in the coconut until they're covered. Place the balls on a baking tray and put them in the fridge for 15 minutes to firm up.

Store the bliss balls in the fridge in an airtight container, ready for a post work-out treat. As these balls contain CBD, be careful to only eat one a day, and not to exceed your maximum recommended dose of CBD.



*Have you tried this recipe?
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