



The Health & Wellbeing Studio

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Choc Raspberry Balls

This has to be the quickest little snack to prepare. Pop all the ingredients in a food processor and blend until the mixture just comes together. As the berries are still frozen, the balls are ready to eat as soon as they are rolled. Perfect for forgotten morning teas, last minute visitors, and hungry after-school tummies.

Packed with protein and antioxidants, sweetened with a touch of complex sweetener, these Choc Raspberry Balls are a lovely sweet treat.

Frozen berries are a great option as they are available year-round, and are often much cheaper than their fresh counterpart, but still retain much of the nutritional content such as vitamin C. Berries also have a low fructose content, so are a good fruit option if you are avoiding these sugars.

- Family friendly
- Gluten free
- Grain Free
- Freezable
- Sweet Treat
- Snack
- Vegetarian
- Cooking with Kids
- Lactose Free
- Weight loss friendly
- Dairy Free
- Dessert
- Vegan

Preparation time: 5 mins

Ingredients

- 1 cup + 1 tbsp almond (pre-soaked overnight if possible, and rinsed)
- 1 cup frozen raspberries
- 1 tbsp maple or rice malt syrup
- 2 tbsp raw cacao
- 1 tbsp acai powder, optional
- 1 tsp vanilla powder, optional

To serve (optional):

Extra cacao, freeze dried berry powder, match powder, chia seeds, desiccated coconut, cacao nibs, extra almond meal, crushed pistachios.

Instructions:

1. Place the almonds in a food processor and pulse until it resembles fine breadcrumbs. Be careful not to blend too much as it will become almond butter (not such a bad thing, but not required for this recipe).

2. Place the remaining ingredients into the food processor or blender and blend until just starting to come together.
3. Gently roll teaspoonful scoops of the mixture into balls. The mixture will be a little crumbly and delicate, but your hands will warm them and they will come together well.
4. If you wish, roll the balls into a toping of your choice
5. Eat immediately or store in the freezer for later.