

Chocolate and Vanilla Hemp Bliss Balls



So we asked one of our local seasoned recipe creators to have a little play with the Organic Canadian Hemp Protein Powder and Organic Hemp Seeds for us and this is what she came up with. Thank you Meg Phillips, another stella recipe from yourself, and 2 in one.

Chocolate Hemp Bliss Balls

Makes approx 12

Ingredients:

9 medjool dates, soaked in hot water for 10 minutes and drained

2.5 tablespoons of coconut oil (melted)

2.5 tablespoons maple syrup

1 1/2 cups natural almonds

3 tablespoons organic cacao powder

2 tablespoons organic Canadian hemp protein powder

Method:

1. In a food processor, process the almonds until a fine powder forms.
2. Transfer to a bowl and add the cacao and hemp powder mixing to combine well.
3. Add the dates, coconut oil and maple syrup to a blender and blend until smooth.
4. Mix with the almond mixture until a dough forms.
5. Roll into bliss balls of desired size and roll again in coconut sugar

Vanilla Hemp Seed Bliss Balls

Makes approx 12

Ingredients:

7 medjool dates, soaked in hot water for 10 minutes and drained

1.5 tablespoons of coconut oil (melted)

2.5 tablespoons maple syrup

1 1/2 cups raw cashews

1/4 cup organic hemp seeds

1/8 teaspoon vanilla bean paste

1/3 cup desiccated coconut

Method:

1. In a food processor, process the cashews, hemp seeds and coconut until a crumb forms
2. Transfer to a bowl and set aside.
3. Blend the remaining ingredients until smooth then mix with the cashew mix until a dough forms.
4. Roll into bliss balls of desired size and roll again in extra hemp seeds

Gluten Free | Dairy Free | Vegan | Refined Sugar Free

To see more from Meg you can visit her website [here](#)