

# Recipe for Energy Boosting Bliss Balls

NAME OF DISH

FROM THE KITCHEN OF  
Kids Creative Kitchen

## INGREDIENTS

SERVES 10

PREP TIME 1 Minutes

TOTAL TIME 10 Minutes

OVEN TEMP N/A

1/2 Cup Hulled Tahini

1/4 Cup Blackstrap Molasses

2 Tablespoons of Maple Syrup

1/2 Teaspoon of Natural Vanilla Extract

• 1/4 Cup of Oats • Pinch of Salt • 1 Tablespoon of Chia

1 1/4 Cup Desiccated Coconut

1 Tablespoon of Cacao

## DIRECTIONS

1. Place the molasses, tahini, vanilla, chia, maple syrup and salt into a medium sized bowl and mix until well combined.
2. Add the cacao and mix to combine
3. Now the fun bit, add the coconut & oats and mix with your hands until well combined
4. Mould the mixture into balls and place in the fridge to set, can eat immediately or wait until hardened.

Benefits of Molasses - Very high in iron (2.3mg per tblspn) and is a fantastic source for children to get their iron stores up, high in calcium, magnesium, B6 and selenium. Cacao is another iron boosting superfood with it being the highest plant based source of iron currently known. It's also full of magnesium which helps with moods, sleeping, muscles and keeps the brain and heart healthy. Cacao has a very high level of antioxidants, 40x more than blueberries, whaaat?

Tahini is high in protein and is also high in calcium, magnesium and iron and a great source for B vitamins to help restore energy.

These little balls are iron, calcium and magnesium boosters, a few a day will help keep you chirpy and feeling great all day.

