



Lemon Turmeric Bliss Balls	www.natalieshealth.com
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Makes	24 tastes in the classroom	From the garden:	Lemons
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Equipment	Ingredients
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<ul style="list-style-type: none"> ▪ Food Processor ▪ Kettle ▪ Small bowl ▪ Measuring cups and spoons ▪ Microplane ▪ Juicer ▪ Small plate (for rolling in coconut) ▪ Air tight container 	<ul style="list-style-type: none"> ▪ 360g pitted dates ▪ 1 cup rolled oats (or GF 1 cup almonds) ▪ ½ cup raw nuts (cashews or almonds) ▪ 1 tbsp. chia seeds ▪ Zest from 2 lemons ▪ Juice from 2 lemons ▪ 1 tsp. vanilla ▪ 1 tsp. turmeric powder
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What to do

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| <ol style="list-style-type: none"> 1. Soak the dates in hot water for several minutes. When the dates are softened, drain them and place in food processor. Save the water. 2. Add the other ingredients to the food processor and blend until the mixture turns into a dough-like consistency. Add 1 tbsp. of the date water if the mixture is too dry. 3. Using a dessert spoon, scoop out dough and roll between your palms to form balls. 4. Roll them into shredded coconut and shake off excess. Refrigerate to set firm. |
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Bottom Drawer	<p><i>Did you know?</i> Turmeric serves as a natural pain reliever.</p> <p>It also aids in digestion and gives our bodies liver support. It is a good source of Vitamin C, Magnesium, Iron and Potassium.</p>
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