

Macadamia bliss balls

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Macadamia bliss balls

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This tasty tree nut is not only revered as one of the most delicious, but also has a host of health benefits.

Ingredients (makes 15)

- 3 cups macadamias, roasted
- 3 tbsp chocolate or vanilla protein powder
- 2 tbsp [cacao](#) powder
- ½ tsp ground [cinnamon](#)
- 1 tbsp natural vanilla extract
- 16 medjool dates, pitted
- Desiccated coconut, [goji berries](#) or cacao for rolling

Method

Process macadamias, protein powder, cacao and cinnamon in a food processor. Add vanilla extract and dates then process again until the mix starts to come together. Add one to two teaspoons of water if needed. Remove and form into 30 gram balls. Roll in coconut, goji berries or cacao and store in the fridge for up to four weeks.

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Recipe and images from [Australian Macadamias](#)

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