

BLISS BALLS

M2
MEAL 2



Ingredients – Makes 24 balls

2 scoops [Slimdown Smoothie Mix](#) or [Flat Tummy Protein](#)

150 grams natural Almond Spread

120 grams Rolled Oats (to make an oat crumb)

2 Medjool Dates, chopped - remove pips

55 grams [Superclean Chocolate](#)

65 grams Dried Cranberries

50ml Water or (if you are using **Raw Pea** add an extra 125ml water)

125ml Milk (Dairy or Non Dairy)

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Instructions

1. Place oats into a blender and blitz until it forms a coarse crumb **(not a powder)**
2. In a bowl mix your oat crumb, [Slimdown Smoothie Mix](#) or [Flat Tummy Protein](#), [Superclean Chocolate](#), cranberries and dates.
3. Add to the bowl the almond spread, water and milk until the mixture becomes incorporated and starts to form a dense firm ball.

Note – if you are using Raw Pea add an extra 125ml water

4. Using your hands, roll mixture into small balls.
5. Place on a lined tin and refrigerate for 1-2 hours before eating.

Optional: Roll balls into desiccated or shredded coconut before refrigerating

3 x [Superclean Chocolate](#) Bliss Balls is EQUAL to one meal on the Mealplans

Gluten FREE Swap: Replace Oats with Rolled Buckwheat or Quinoa Flakes

Vegan Swap: Use [Slimdown Smoothie Mix](#) or [Flat Tummy Protein](#) (Raw Pea).

Use non-dairy plant based milk such as Soy, Almond or Coconut

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Get your Flat Tummy Protein and
Superclean Chocolate Here:

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