



## 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:**

In a food processor, process the almonds until a fine powder forms.  
Transfer to a bowl and add the cacao and hemp powder mixing to combine well.  
Add the dates, coconut oil and maple syrup to a blender and blend until smooth.  
Mix with the almond mixture until a dough forms.  
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:**

In a food processor, process the cashews, hemp seeds and coconut until a crumb forms  
Transfer to a bowl and set aside.

Blend the remaining ingredients until smooth then mix with the cashew mix until a dough forms.  
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](#)**