



Sweet Potato Bliss Balls



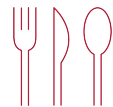
DIFFICULTY: EASY



PREPARATION TIME: 15
MINUTES



COOKING TIME: 45 MINUTES



SERVES: 28

Ingredients

300g sweet potato, peeled and chopped into 2cm pieces

1 tbsp coconut oil, softened

1tbsp maple syrup

1tsp cinnamon

½ tsp ginger

½ tsp nutmeg

1 tsp turmeric

150g raw cashews

1tbsp cacao

¼ cup LSA mix

6 medjool dates, pitted

¾ cup shredded coconut

Method

Preheat oven on CircoTherm to 190°C and place the wire rack on shelf position 3.

Combine the sweet potato, coconut oil, maple syrup and spices in a bowl and toss well to combine. Place into a shallow 23 to 24cm square ovenproof dish and cover tightly with foil. Cook for 40 to 45 minutes or until the sweet potato is tender.

Allow to cool, then place into a food processor with the cashews, cacao, LSA mix and dates. Process until smooth then refrigerate for 30 minutes to firm. Roll into tablespoon size balls and toss in coconut.

Store in the refrigerator.

Notes
