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Alchemy/Purple House

Healthy  
Food  
Recipes

Central Coast  
Local Food  
Security Strategy

## Goji Balls

makes 12

Full of nutrients, goji berries are a good source of vitamin A, vitamin C, iron and dietary fibre.



### Ingredients | method

2 cups almond meal  
16 dates, pitted and chopped  
1 cup goji berries  
1 cup chia seeds  
2-4 tbsp maca/cacao blend  
maple syrup to taste

Mix all ingredients together, shape into 12 balls and roll in desiccated coconut.

### Notes

A permanent and popular item in Alchemy's cake fridge, their famous Goji Balls give your hormones a kick in the right direction! All the superfood ingredients can also be purchased from Alchemy.

## Alchemy Café

In what was once the village post-office, Alchemy Café has put Forth on the map. Regular customers and tourists from far and wide come for a taste of the healthy menu, entirely gluten free. Alchemy supports the local organic industry as much as possible, and uses only fair trade organic coffees and chocolates.



Come in for breakfast, morning tea, lunch and afternoon tea, with a wide range of menu options available. Enjoy coffee, teas, wines and ciders, smoothies, juices, soups, desserts and cakes. It's also a one-stop shop for gifts and all your organic ingredients.



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