

Happy Mood Balls

Medjool dates are a source of Vitamins B5 and B6, potassium, copper and fibre. Use medjool dates in recipes, or eat them on their own (in moderation) for a healthy snack.



Ingredients | Method

12 medjool pitted dates
½ cup activated almonds (i.e. soaked overnight)
¼ cup goji berries
2 tbsp coconut oil
3 tbsp chia
4 tbsp cacao
2 tbsp maca
1 tbsp cacao nibs
¼ cup hemp seeds

In a food processor blend the almonds and dates until combined. Slowly add the other ingredients, except for the hemp seeds, and whizz until the mixture comes together. You may need to add some water or rice malt.

Take small handfuls of the mixture and roll into balls, then roll and coat in the hemp seeds. Place in a container and store in the fridge.

(Optional) To take these energy balls to the next level, try topping with our magic chocolate sauce:

1½ cups coconut oil, melted slightly	½ cup cacao
½ cup maple syrup	Pinch salt

Combine all ingredients in a small bowl. Drizzle chocolate sauce over Happy Mood Balls before chilling to set.

(Chill for at least 30 minutes before serving.)

Recipe #24 – courtesy of Alchemy/Purple House

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, juices, smoothies, soups, desserts and cakes. It's also a one-stop shop for gifts and all your organic ingredients.



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