

Bliss Balls

APRICOT-SESAME CINNAMON BALLS | PECAN-PUMPKIN NUTMEG BALLS
RASPBERRY-SUPER BEETS SMOOTHIE BALLS



FLAVOR OF THE WEEK
— with —
SAVEUR

These recipes feature Youngevity CardioBeets™ and Saveur's Cinnamon Blend Baking Spice and Nutmeg Blend Baking Spice

INGREDIENTS

APRICOT-SESAME CINNAMON BALLS

1 cup/150g/5.3 oz almonds

1 cup Turkish apricots

1 cup natural muesli

2 tbsp. honey

1 tsp. Saveur Cinnamon Blend Baking Spice

2 tbsp. sesame seeds

PECAN-PUMPKIN NUTMEG BALLS

1 cup/225g/8 oz butternut squash (seeded, peeled, and chopped)

1 cup/150g/5.3 oz chopped pecans

1 ¼ cups shredded coconut

2 tbsp. maple syrup

2 tbsp. pepitas

2 tsp. Saveur Nutmeg Blend Baking Spice

METHOD

APRICOT-SESAME CINNAMON BALLS

Process almonds in food processor for 40 seconds or until very finely chopped. Add Turkish apricots, natural muesli, honey, and Saveur Cinnamon Blend Baking Spice. Process for 30-40 seconds or until almost smooth and well combined. Roll 2 tbsp. portions of mixture into balls. Place sesame seeds on a plate. Roll ball in sesame seeds to evenly coat (extra 1 tsp. Cinnamon Blend can be added to sesame seeds for more flavor). Place on tray in fridge for 1 hour or until set. Store in airtight container in the fridge for up to 2 weeks.

PECAN PUMPKIN NUTMEG BALLS

Seed, peel and chop butternut squash. Steam until tender. Cool. Process pecans in a food processor until finely chopped. Reserve ½ cup on a plate. Add squash, shredded coconut, maple syrup, pepitas, and Saveur Nutmeg Blend Baking Spice to remaining pecans in the food processor. Process until almost smooth and well combined. Roll 2 tbsp. portions of mixture into balls. Roll into reserved pecans to coat. Place on a tray in the fridge for 1 hour or until set. Store in an airtight container in the fridge for up to 1 week.





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APRICOT-SESAME CINNAMON BALLS | PECAN-PUMPKIN NUTMEG BALLS
RASPBERRY-SUPER BEETS SMOOTHIE BALLS

INGREDIENTS

RASPBERRY-SUPER BEETS SMOOTHIE BALLS

¾ cup slightly thawed frozen raspberries

1 cup gluten-free muesli

¾ cup shredded coconut

¼ cup coconut oil (or 2 tbsp. maple syrup)

1 tbsp. sunflower seeds

1 tbsp. Youngevity CardioBeets™

2 tsp. Saveur Cinnamon Blend Baking Spice

METHOD

RASPBERRY-SUPER BEETS SMOOTHIE BALLS

Process slightly thawed frozen raspberries, muesli, shredded coconut, coconut oil (or maple syrup), sunflower seeds, Youngevity CardioBeets & Saveur Cinnamon Blend Baking Spice in a food processor until almost smooth and well combined. Roll 2 tbsp. portions of the mixture into balls. Place on a lined tray in the fridge for 1 hour or until set. Store in an airtight container in the fridge for up to 1 week.

