

ONE BITE

VEGAN MAGAZINE

HOW TO MAKE
Vegan
Sushi

Superfood Infused
Coconut
and Cacao
Donuts

MUST TRY
Bliss Ball
- 4 WAYS!

22
FUN-SIZED
FLAVOR-FILLED
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RECIPES

Kid Approved!
Zucchini
Tater Tots

Party Perfect Spinach Cheese
Pizza Rolls

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4 MUST- TRY BLISS Ball Recipes

(vegan, raw, GF, oil-free)

By: **Alexa DaFonte**

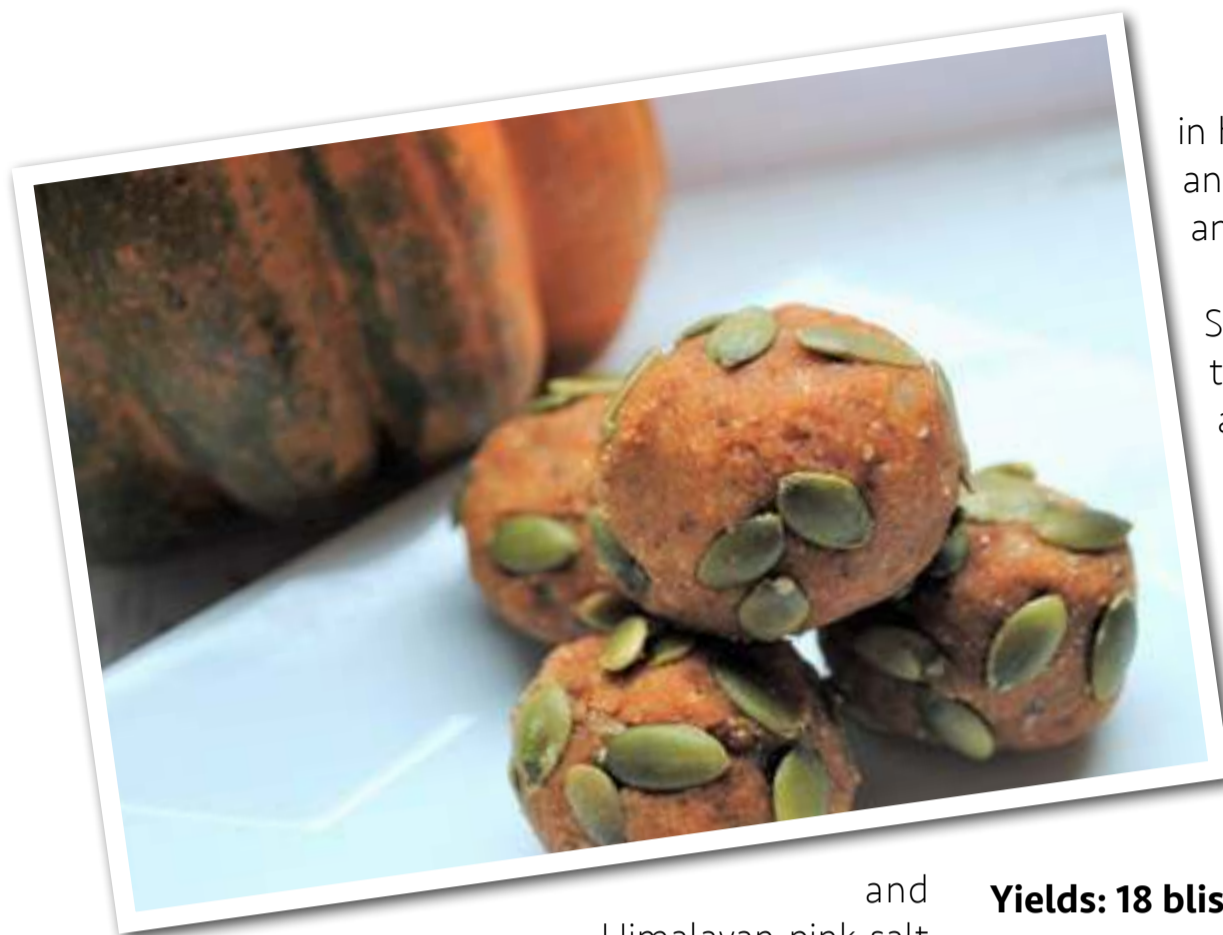
If you don't have a recipe for bliss balls on your blog, are you even a real food blogger? I am pretty sure every food blog has these bad boys as a featured recipe, but who cares. I decided to make these because I was craving something sweet (per usual) and I was shocked. They literally look like munchkins and taste like cookie dough/ brownie batter/ any other dessert delicacy. They are so easy to make and obviously healthy!



I decided to create four different bliss balls and I used a standard base for each recipe. The base is made out of almonds, walnuts (hello, omegas!), Medjool dates (nature's high-fiber candy) and coconut flour. This base is super versatile- you could use it to make granola bars or your favorite raw dessert.

After making the base, it was time to get creative. The first one was very simple- salted caramel. Because the Medjool dates add a nice caramel taste and texture, all I did was add some sea salt





and
Himalayan pink salt
to the base and voila!

The next one might actually be my favorite (yes I have a favorite). I wasn't sure what to call this one, but then I realized the base had almonds in it and I added cacao and coconut. Yep, Almond Joy it is. The cacao adds a rich flavor and healthy antioxidants while the coconut adds a nice crunch. They actually taste like Almond Joys and I am THRILLED.

Because it is fall, the next one needed to be fall-inspired. I made a pumpkin pie bliss ball and just wow. They are so creamy and taste like pumpkin pie! I used pureed pumpkin, pumpkin pie spice (a fall staple, you'll thank me later) and pumpkin seeds for a great dose of plant-based calcium.

Last, but certainly not least (especially for you health nuts out there) I made a superfood bliss ball. I added matcha for some healthy energy and antioxidants. Matcha is rich in fiber and chlorophyll (great for your skin), can help to boost your metabolism and is a great source of zinc and magnesium. I also added maca powder which is a great adaptogen that can help to balance your hormones and add some additional iron to your diet. Finally, I rolled them

in hemp seeds to add a nice crunch and an amazing source of omega-3 and 6 fatty acids.

So, there you have it. Four takes on the typical bliss ball recipe. These are perfect for a light dessert, a pre-workout energy kick or for meal-prep. The base is super versatile, so feel free to try out your own recipe as well. Happy snacking!

4 Must-Try Bliss Ball Recipes (vegan, raw, GF, oil-free)

Yields: 18 bliss balls

INGREDIENTS:

- 18 Medjool dates
- 2-3 tbsp water
- 1/4 cup slivered almonds
- 2 tbsp walnuts
- 2 tbsp coconut flour
- 3/4 tsp sea salt/ Himalayan pink salt SALTED CARAMEL
- 1 tsp pumpkin pie spice PUMPKIN PIE
- 4-5 tbsp pumpkin puree PUMPKIN PIE
- 2 tbsp coconut flour PUMPKIN PIE
- 1/4 cup pumpkin seeds PUMPKIN PIE
- 1 tbsp matcha powder SUPERFOOD
- 2 tsp maca powder SUPERFOOD
- 3 tbsp hemp seeds SUPERFOOD
- 3-4 tbsp cacao powder ALMOND JOY
- 1/3 cup shredded coconut ALMOND JOY
- 2 tbsp water ALMOND JOY

INSTRUCTIONS:

1. **Soak** Medjool dates in hot water for 10 minutes. Add the dates and the water to a food processor or high-speed blender and

blend until chopped. Add in the coconut flour, almonds and walnuts and blend until mixed evenly.

2. **SALTED CAMEL:** add salt into blender/ processor and blend until combined. Roll dough into even-sized balls and place in freezer to harden for about 20-30 minutes.
3. **PUMPKIN PIE:** add pumpkin, pumpkin pie spice and an additional 2 tbsp of coconut flour to blender/processor and blend until mixed. Dough should be sticky and thick. Roll dough into even-sized balls and then roll each one in the pumpkin seeds, pressing the seeds into each ball so they stick. Place in freezer to harden for about 20-30 minutes.
4. **SUPERFOOD:** add matcha and maca to blender/ processor and blend until mixed. Roll dough into even-sized balls and then roll each one in hemp seeds. Place in freezer to harden for about 20-30 minutes.
5. **ALMOND JOY:** add cacao and an additional 2 tbsp of water to blender/ processor and blend until mixed. The dough should be thick and sticky. Roll dough into even-sized balls and roll in coconut. Place in freezer to harden for about 20-30 minutes.
6. **Enjoy!** These will keep best refrigerated.





ABOUT THE AUTHOR

Hi there!

My name is Alexa and I am a vegan fashion model that frequently travels. I am currently pursuing my degree online in nutrition from the University of Massachusetts at Amherst which simultaneously allows me the opportunity to focus on my modeling career. Working in the modeling industry, I have discovered the importance of taking care of my body in the most healthful manner. Veganism has been the only type of eating that has personally made me feel amazing from the inside out. I am also very passionate about wellness, fitness and the idea that true healing comes from within. I have fallen in love with taking care of myself and making the health and balance of my mind, body, and spirit a priority. vitaminbeblog.com

