

Recipes



Jaffa Balls



Ingredients

1 cup of raw cashews

1 cup of pitted dates

2 tbsp raw cacao powder

1 tbsp Loaded Table Maca Powder

Flavoured oil - wild orange/peppermint/Lemon/Lime

Instructions

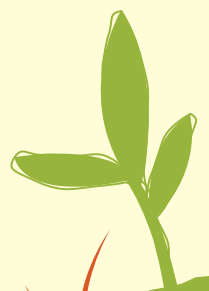
Soak the dates for about 10 minutes in boiling water

Mix the nuts in your food processor

Add in the cacao, Maca

Add the dates

Before rolling add 6 drops of the oil into the dough and stir through with a spoon Then roll into golf ball sizes and store in the fridge for about 5 days - if they last that long



Peppermint fudge



Ingredients

500g cashews (raw unsalted)

100g desiccated coconut

0.5 cup rice malt syrup

8 drops of peppermint oil (you can get this from me) or there are some you can buy at the supermarket

Instructions

Blend everything together until it starts to stick together and the nuts are almost powder.

Then on place on greaseproof paper lined in an over tray, flatten the mixture.

down with a spatular and put in the fridge for 30 mins. Then cut up into squares and enjoy.

This will last in the fridge for about 7 days.

