



Recipes with Insiya

TURMERIC LATTE AND
ENERGY BLISS BALLS



Turmeric Latte



1 serving



15 minutes

INGREDIENTS

1 cup milk of choice

1 tsp coconut oil or ghee

1/2 to 1 tsp turmeric powder

Pinch of cinammon

Pinch of ginger powder

Pinch of cardamom powder

1 tsp maplesyrup



DIRECTIONS

1. Warm ghee or coconut oil in a sauce pan. Add in the spices and saute quickly so they don't burn.
2. Now add the milk and stir gently.
3. Bring milk to a boil, then simmer for just a minute.
4. Pour into cup.
5. Add a turn of ground pepper and sweetener to taste.
6. Enjoy, sipping slowly.

Note: You could make this at home and take to work in a thermos for that afternoon pick me up.

Energy Bliss Balls

4 servings

INGREDIENTS

1/2 cup raw cacao

1 cup raw organic walnuts, almonds or cashews (or a mixture)

1/2 cup shredded organic coconut

1/4 cup raw organic coconut oil (softened)

zest from 1 organic lemon

healthy pinch of sea salt

handful of mejdool dates (3-4) (or other soft dates) de-seeded and soaked for 15 minutes

1 tsp vanilla bean paste or 1 tsp vanilla essence

1 - 2 tbsp Almond Butter (raw is great)

1 tbsp Chia Seeds (ground)

OPTIONAL INGREDIENTS

pinch of Cinnamon Powder

pinch of Cardamom Powder

pinch of Cayenne Powder

pinch of Ginger Powder

Lavender Seeds

Raw Cacao Nibs

Raw Honey

Energy Bliss Balls

4 servings

DIRECTIONS

- Chop the dates coarsely.
- Blend all the basic ingredients in a food processor until the mass reaches a smooth yet somewhat granular consistency - it is up to you to decide how much texture or bite you would like in the bliss balls, I prefer them with a bit of crunch!
- You may add some almond milk if the dough has become too thick and clumpy.
- Scrape it out into a bowl or a plate - you will need a good spatula for this.
- Place a small amount of the bliss ball dough in the palm of your hand. Roll it into a little ball.
- Set aside a plate with a sprinkling of shredded coconut and roll the bliss ball in the flakes which will cover it to look like a snow dusted holiday treat.
- Place on a plate and repeat.

Try a few different variations e.g. You could do *Vanilla and Orange Zest*, or you could do *Lavender and Lemon*, You could also do *Ginger and Cinnamon*, or *Ginger and Cardamom*, or just *Lavender*, the possibilities are endless. You can also make these without the Cacao powder for non-cocoa Bliss Balls. In that case, you might up the amount of vanilla that I suggest here and use only cashew nuts in the balls as they have a lovely delicate flavor that pairs beautifully with vanilla.