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# Beet Bliss Balls & Wholesome Child Book Review

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

- 1 cup dates, chopped
- 1/4 cup beets, finely grated
- 1/4 cup spinach, finely sliced and chopped
- 1 1/4 cups almond meal (ground almonds)
- 1 cup finely shredded coconut
- 1-2 tablespoons chia seeds
- 1/3 cup coconut sugar (optional)
- 1/2 cup shredded coconut to roll balls in (optional)

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Instructions:

1. Place spinach and beet into a high-speed processor and process/liquidize until smooth.
2. Add the remaining ingredient and process until smooth.
3. Roll into little balls and cover with shredded coconut if you wish (I didn't)
4. Place balls in freezer and leave to set.
5. Best eaten within 15 minutes of removing from the freezer.