



Kamalaya's Energy Balls (Detox)

Kamalaya's detox Energy Balls are a delicious sweet treat and a good source of slow-release energy. Modest in size, they contain large amounts of minerals, healthy fats and antioxidants. Also providing essential protein, iron and omega 3, our energy balls are plentiful in healthy fibre for enhanced digestion and elimination. This dish is a great way to introduce spirulina into your diet, as the other flavours masks its bitter taste.

Ingredients (serves one)

Pumpkin seeds	25g
Sunflower seeds	25g
Roasted fine grated coconut	25g
White & black sesame seeds	10g
Flax seeds	10g
Spirulina	5g
Dried date (whole)	20 pcs
Lemon zest	1g
Lemon juice	3ml

Garnish:

Coconut milk	30ml
White & black sesame seeds	2g
Gotu kola leaves (or mint leaves)	3 pcs
Edible flowers	3 pcs
Coconut meat (optional) (slice julienne)	5g
Nata de coco (optional)	7pcs

Method

1. Add all the energy ball ingredients to the blender and blend finely. You can also use a pestle and mortar if you prefer.
2. Mould the blended mixture into small ball shapes and roll them in the roasted finely grated coconut.
3. Arrange the energy balls onto the plate and then garnish to taste.

Recipes for Healthy Living

Sign in @www.kamalaya.com/recipes.htm

If inspiration is what you need to help turn your healthy lifestyle intentions into reality, then sign up now to receive free Recipes for Healthy Living to keep you focused and inspired.

There'll be videos showing you how to prepare Kamalaya cuisine at home, as well as written recipes, and video spots from Karina Stewart and the Kamalaya wellness team.

Sign up now so we can let you know as soon as new releases are available.