

# Berry Green Bites

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

## Ingredients:

- 1 cup raw cashews
- 1/2 cup dried blueberries
- 1/2 cup shredded unsulfured coconut
- 6 soft medjool dates, pitted
- 2 scoops fermented organic gut superfoods+ (summer berry pomegranate flavour)
- Juice from 1 lemon
- Zest from 1 lemon

## Instructions:

1. Combine all ingredients into a food processor. Blend until combined.
2. Roll into 1 inch balls.
3. Refrigerate for up to a week or freeze for a few months.

## Notes:

Makes 22 balls.