

Turmeric Mango Golden Balls

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 cup shredded unsweetened coconut
- 1/4 cup hemp hearts
- 1/2 cup cup rolled oats
- 1/2 cup dried chopped mango*
- 1 tsp ground turmeric**
- 2 tbsp freshly squeezed lemon juice
- 2-4 tbsp water***
- Optional: 1-2 tbsp honey or maple syrup

Instructions:

1. Place all ingredients into a food processor and blitz until it forms a texture that you can roll into balls.
2. Roll into 1.5 inch balls. Refrigerate for up to one week or store in an airtight container in the freezer for up to 3 months.

Notes:

Makes 15 medium size balls. *I chopped the mango up before measuring and measured 1/2 cup chopped. **I used New Chapter's Fermented Organic turmeric. ***Add water slowly to food processor. You may not need the full amount.