Coach Carmen's VEGAN TREATS

FEATURING

Bliss Balls



These sweet little morsels are perfect for year-round holiday desserts, party treats and everyday, guilt-free Supersnacks. The superfoods added into them makes them as nutritious and healthy as they are sweet and delicious!

Carmen Abercrombie, CCHC

Greetings Beloved!



Congratulations on your willingness to experience the incredible benefits and delicious ways to prepare raw food! This way of eating has been my lifeline for healing and mind/body wellness.

I truly enjoyed creating these Raw Vegan treats for you. If you're like me, there's nothing more satisfying than a cup of tea (you may like coffee) and a slice or piece of something sweet. The problem is everything is loaded with sugar, wheat, butter, eggs and often stuff our bodies can't even recognize.

With my health condition I had to find yummy ways to satisfy my sweet tooth without compromising my health. Thanks be to God I figured it out!

Eating Raw (Organic) Vegan is not only internally healing, it is outwardly beautifying. Along with weight loss you will begin to notice glowing, smoother skin, and brighter eyes. You'll experience better sleep, increased energy and so much more!

My desire as a Faith-Based, Certified Holistic Health & Wellness Coach is to help freeas many of God's people for the what I call the "Medical Matrix" as possible! If you would like to have a Complimentary Health & Wellness Support Call with me simply call (718) 273-9772 or text me at 347 596-0154. You're welcome to share any referrals as well.

Blissfully Yours,
Coach Carmen

www.SharingTheBliss.com
www.sharingthebliss.shop
www.facebook.com/coachcarmen4U
www.facebook.com/groups/sacredselfcaresisterhood

Chocolate Cherry Bliss Balls



Ingredients

- ½ Cup Organic Dark Raisins
- 4 to 6 Coconut Date Rolls or 6 Organic Pitted Dates
- 3/4 Cup Organic Nut Butter (any raw, organic nut or seed butter)
- 3/4 Cup Cacao Powder
- 1/4 Cup Plant Based Protein Powder (Chocolate or Vanilla)
- 2 Tablespoons of a Green Powder
- ½ Tablespoon Chocolate Stevia Drops
- 1 teaspoon Cinnamon
- ½ Pinch Sea Salt
- 1 Cup of Dried Cherries

Topping Options

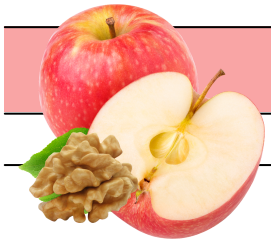
Cacao Nibs, Cacao Powder or Chocolate Ganache

Directions

Start processing raisins in a food processor. Once raisins are starting to break down, pulse in all other ingredients. Scrape down sides when needed. When dough balls up, and is smooth and shiny it's ready to pulse in the cherries. Use a silicone spatula to scoop batter out and place in a large mixing bowl. Keep hand moistened with water so dough can be easily handled and rolled into balls without sticking to your fingers. If you need to make it less sticky, add more of the main dry ingredient.

Roll into balls and gently roll them into coconut flakes, cacao nibs and/or cacao powder. Place in freezer for an hour before serving. Package them in cellophane wrappers or place them in candy cups.

For Chocolate Ganache topping mix 1/2 cup of cacao powder with maple syrup.



Apple Pie Bliss Balls

An American Classic Rediscovered

Ingredients

- ½ Cup Organic Golden Raisins
- 4 to 6 Pitted Dates
- 3/4 Cup Organic Nut Butter (any raw, organic nut butter)
- 1/4 Cup Plant Based Protein Powder (Vanilla)
- ½ tablespoon Vanilla Stevia Drops (or vanilla extract)
- ½ Tablespoon Apple Pie Spice
- ½ Pinch Sea Salt
- 5 Dehydrated Apples (cored & sliced)
- 1 Cup Crushed Walnuts
- 2 Tablespoons White Chia Seeds (Optional)

Topping

Finely Crushed Walnuts

Directions

Start by processing raisins in a food processor. Once they break down add dates, nut or seed butter, vanilla, protein powder and sea salt and continue processing until mixed together. Gently pulse in apples allowing them to keep some texture and place everything you just processed into a large mixing bowl. Add the crushed walnuts and chia seeds to the bowl. Blend everything together with your hand and roll into balls (moisten hands if you need to). To make it less sticky, add more of the main dry ingredient.

Blend topping ingredients together until smooth. Gently roll balls in the crushed walnuts until covered. Place in candy cups, or on a parchment lined cookie sheet. Pop in freezer for at least an hour before serving.



Lemon Coconut Bliss Balls

A Touch Of Sunshine Sweet & Tart
(Nut Free)

Ingredients

- ½ Cup Organic Golden Raisins
- 4 Dried Apricots
- 4 Coconut Date Rolls or 6 Organic Pitted Dates
- 3/4 Cup Organic Nut Butter (any raw, organic nut butter)
- Juice of One Lemon
- ½ Tablespoon Vanilla or Coconut Stevia Drops
- ½ Pinch Sea Salt
- ½ Cup Rolled Oats (processed coarse)
- 2 Cups Unsweetened Shredded Coconut
- 1/4 Cup Plant Based Protein Powder (Vanilla)
- 2 Tablespoons White Chia Seeds (optional)

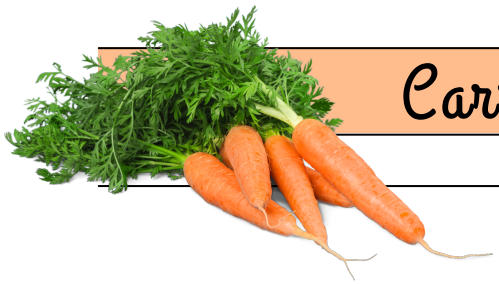
Topping

Shredded Coconut

Directions

Start processing raisins and apricots, in food processor. Once they break down add date rolls or dates, seed or nut butter, lemon juice, vanilla and sea salt and continue processing until mixed together. Place into a large mixing bowl and side aside. Process the walnuts and add to the bowl along with all other remaining ingredients. Mix everything together with your hand and roll into balls (moisten hands if you need to). If too sticky, add more of the main dry ingredient.

Place the shredded coconut on a plate and gently roll balls around until covered. Place in candy cups, or on a parchment lined cookie sheet. Pop in freezer for at least an hour before serving.



Carrot Cake Bliss Balls

A Classic Made Fresh, Sweet & Guilt-Free

Ingredients

- ½ Cup Organic Golden Raisins
- 6 Dried Apricots (12 if they're small)
- 6 Coconut Date Rolls
- ½ Tablespoon Vanilla Stevia Drops or Vanilla Extract
- 1 Pinch Sea Salt
- 1 Cup Walnuts
- ½ Cup Rolled Oats (processed coarse)
- ½ Cup Unsweetened Shredded Coconut
- 1/4 Cup Plant Based Protein Powder (Vanilla)
- 2 Tablespoons White Chia Seeds (Optional)
- 1 Cup Grated Carrot

Topping

Coconut Cream blended with Honey & Lemon Juice

Directions

Start processing raisins and apricots in a food processor. Once they break down add coconut date rolls, vanilla and sea salt and continue processing until mixed together. Place into a large mixing bowl and put aside. Process the walnuts and add to the large bowl along with all other remaining ingredients. Blend together with your hand and roll into balls (moisten hands if you need to). If you need to make it less sticky, add more of the main dry ingredient.

Blend topping ingredients together until smooth. Gently drop balls in topping cream and move around until covered. Place in candy cups, or on a parchment lined cookie sheet. Pop in freezer for at least an hour before serving.



Banana Bread Bliss Balls

A Banana Bread Lover's Dream

Ingredients

- ½ Cup Organic Golden Raisins
- 4 to 6 Coconut Date Rolls or 6 Organic Pitted Dates
- 3/4 Cup Organic Nut Butter (any raw, organic nut butter)
- 2 Ripe Bananas
- 1/4 Cup Plant Based Protein Powder (Vanilla)
- ½ Tablespoon Vanilla Stevia Drops
- ½ Pinch Sea Salt
- ½ Cup Rolled Oats (processed coarse)
- ½ Cup Crushed Walnuts
- 2 Tablespoons White Chia Seeds (optional)

Topping

Honey and Crushed Walnuts

Directions

Start processing raisins in a food processor. Once they break down add coconut rolls, nut or seed butter, vanilla, protein powder and sea salt and continue to process until mixed together. Place into a large mixing bowl and put aside. In a separate bowl mash bananas with a fork and add to the large bowl. Add the processed rolled oats and crushed walnuts to the bowl along with all other remaining ingredients. Blend together with your hand and roll into balls (moisten hands if you need to). If you need to make it less sticky, add more of the main dry ingredient.

Blend topping ingredients together until smooth. Gently drop balls in topping cream and move around until covered. Place in candy cups, or on a parchment lined cookie sheet. Pop in freezer for at least an hour before serving.