

Black sesame & red date bliss ball recipe



Ingredients

- 1 cup (approx. 5) pitted Chinese red dates
Pre-soaked for 15-20 mins in filtered water & drained
- 1 heaped tablespoon of black sesame seeds
- ½ cup walnuts
- ¼ cup hemp seeds
(You can use almond meal or other ground nut meal if you prefer)
- 1 teaspoon maple syrup or brown rice syrup

Method

01 - Blend all ingredients in a food processor and roll into balls, the “dough” should be a little moist and easy to roll. If not add a dash of water or honey but not too much. You need a balance of dry and wet ingredients when making energy balls, so use more of each until you get the energy ball dough. (Be careful to use too strong a blender as we want to keep some chunks and texture, and note that the sesame seeds will release oils. Don’t blend too long)

02 - Roll into balls and coat with black sesame seeds if you want an extra black touch

03 - Set in the fridge for 30-60 mins and serve/pack for a healthy snack.



These are a really yummy Chinese superfood twist on the modern-day approach of making energy balls. We swapped medjool dates for Chinese red dates, and actually added ALL Chinese superfood ingredients, easily found in China and Asia and all nutrient-dense!

Walnuts are used in TCM for brain health, black sesame for hair, nails and kidneys, and red dates for blood nourishment. Red dates by the way have good vitamin C, and are also great for treating anxiety, insomnia, as well as a digestive aid. Part of the buckthorn family, red dates also have high mineral content, calcium and phosphorus so they are also good for bone health.

Hijiki & carrots recipe



Ingredients:

- 2 medium sized carrots, sliced finely or peeled into long strips
- 2 tablespoons of dried Hijiki seaweed, pre-soaked for 10-15 minutes to rehydrate. You just need enough water to cover the arame, they will expand.
- 1 small white onion, peeled & sliced thinly
- 1 tablespoon shoyu/soy sauce
- 1 tablespoon mirin (Japanese cooking rice wine)
- A pinch of sea salt
- 2 teaspoons oil (olive, grapeseed, sunflower seed or sesame seed oil)

Method

01 - Prepare all ingredients

02 - Heat your pan with oil and add the sliced onions, saute to release the flavour and fragrance of the onion

03 - Add the hijiki and half the soaking water, stir through

04 - Cover the pan with the lid and simmer on medium flame for 2 minutes overnight for more enjoyment the next day.

05 - Add the carrots and stir through, cover with the lid and continue to simmer on low flame for 2 minutes

06 - Add the sea salt, shoyu/soy sauce and stir through

07 - Test to see if the carrots are soft, or you can keep them with a little crunch

08 - Then add a generous splash of mirin, stir through. Serve with brown rice, as a side with any meal

* If you can't find Hijiki in a Japanese/Asian store near you please substitute with Arame.

**Double the recipe if you are making a large amount for a party or group event.

***Keeps well in the fridge.

