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Raspberry Snow Balls

Ingredients

½ cup	raspberries (or other berry or puréed fruit)
1 ¼ cup	raisins (or dates or combination)
½ cup	currants (or cranberries)
1 cup	sunflower seeds
1 cup	pumpkin seeds
½ cup	sesame seeds (or flax or hemp seeds)
2 tbsp	coconut or spelt flour
3 tbsp	coconut oil, melted
3 tbsp	cashew or almond butter
½ cup	finely shredded coconut

Directions

Soak raisins in 1 cup boiling water for 5 minutes. In a separate bowl, do the same with the currents. Reserve the raisin soaking water.

In a food processor, blend raisins and raspberries into a paste. Add some raisin soaking water if necessary for pasty consistency. Empty into medium bowl.

Now in the food processor blend all seeds into a medium ground. Add to medium bowl.

Add coconut flour, coconut oil, cashew butter, drained currents, and mix all ingredients together. Using your hands, roll mixture into balls and then roll each ball in shredded coconut until completely covered. Freeze and thaw just before serving. Makes ~ 32 balls.

Adapted from Siegfried Gursche, MH

Nutritional Value of Select Ingredients

Coconut oil – The oils from the coconut are monosaturates of the omega 7 family. Contrary to popular belief, coconut oil actually helps raise good HDL cholesterol levels. Tropical oils have been part of a healthy tropical lifestyle for thousands of years, and are very stable for cooking and baking. Thailand, where coconut and its products are found in virtually every dish, has the one of the lowest cancer rates in the world.

Pumpkin Seeds – These mighty seeds actually contain more iron than liver by weight, and are an excellent source of essential fatty acids (EFA's), protein, calcium, and phosphorus. They are commonly used to alleviate prostate problems, as they are high in zinc. They are also antiparasitic and used to combat intestinal worms.

Raisins - These powerhouses of energy contain iron, potassium, calcium, magnesium, phosphorus, and B vitamins, plus fructose that give us that little boost of energy via natural fruit sugars.

Sunflower Seeds – These seeds are great for those with high blood pressure, as they are very high in potassium and very low in sodium. They are high in protein, fibre, B vitamins, and vitamin E.