

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

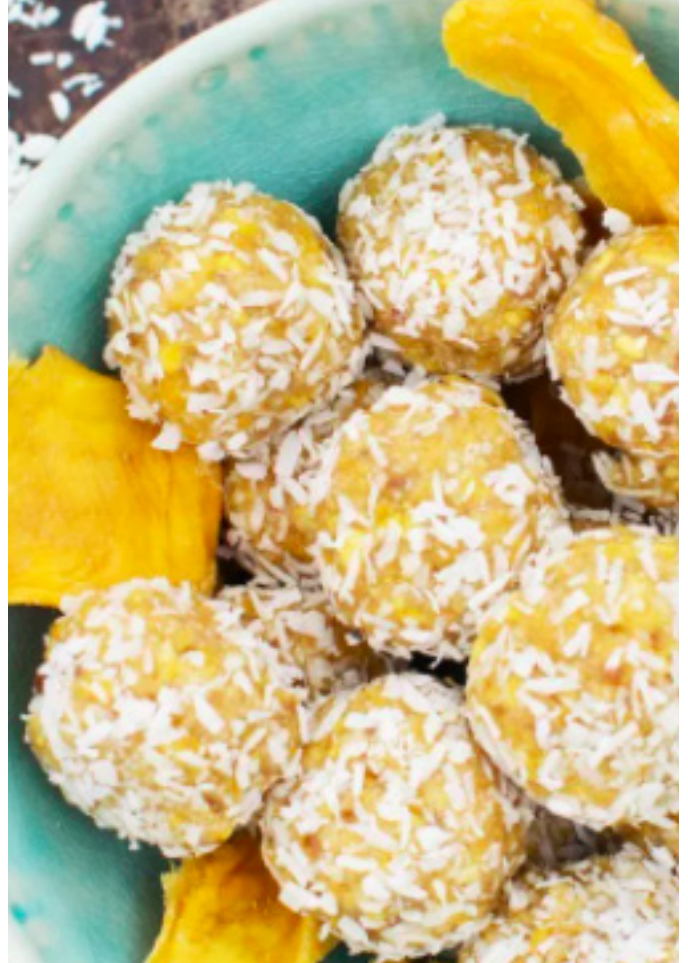
Cashew Mango Energy Balls

70g dried mangoes
70g cashews
35g grated coconut
Extra grated coconut to coat

Soak the dried mango in water for 30 minutes and drain well on a paper towel.

Add all of the ingredients to a food processor and pulse until you have a uniform mix.

Form into small balls and roll them in additional coconut flakes.



Recipe courtesy of Daphne Kostova
www.dkwellness.ca

Photograph taken from <https://theflexitarian.co.uk/>
Episode #53: The best nutrients to beat sugar cravings.

Email Lynn with questions or comments at lynnogryzlo@gmail.com

Because What You Put In Your Body Matters!