

SPOTLIGHT ON MESQUITE

WHAT IS MESQUITE?

Mesquite is a Native American plant food made from grinding the seeds and seed pods of the Mesquite tree into a powder. Mesquite is high in protein and contains good levels of minerals such as calcium, potassium, iron and zinc. It is said to help keep blood sugar levels stable and has a caramel, nutty taste.

Mesquite is high in fibre which means it takes longer for our body to digest, energising us and helping us to feel fuller for longer.

HOW CAN I USE MESQUITE?

Mesquite is available in powder form and it a great way to boost the mineral content of your meals and snacks.

With a lovely caramel flavour, mesquite is a great addition to smoothies and desserts. Try adding mesquite to your bliss balls.

Mesquite works well with cinnamon, banana and chocolate flavours.

WHERE DO I BUY MESQUITE?

Mesquite is readily available in health food and whole food stores and can also be found online.

RECIPE - APRICOT, ALMOND AND MESQUITE BLISS BALLS

My children love these nutty, apricot flavoured bliss balls. They store well in the fridge or freezer and make a great lunch box treat.

INGREDIENTS

- 1 cup of almonds
- 1 cup of dried, shredded coconut
- 1 cup of medjool dates, pitted and chopped
- 1 cup of chopped, organic dried apricots
- 1 tablespoon of mesquite powder
- 1 tablespoon of honey (optional)

WHAT TO DO:

1. Add the almonds and coconut to a food processor and process to a fairly fine crumb.
2. Add the dates and apricots and process again to chop finely.
3. Add the mesquite, honey and orange juice and continue to process until the mixture becomes a sticky ball which holds together when pressed with your fingertips.
4. Roll mixture into individual balls the size of a walnut.
5. Roll the balls in extra desiccated coconut to decorate if desired.
6. Store the bliss balls in the fridge for up to a week or the freezer for up to three months.

Enjoy!