

The FIX Recipe

Gut Healing Chocolate Balls



- 3 TBS Organic coconut oil
- 1 TBS + 1 TSP Organic Tahini
- ¼ TSP Diatomaceous Earth * 100% food grade!
- 1 Scoop Core support *This is a detoxing and GI supporting, high protein meal replacement I use often in my programs and household. Even with my 2 and 5-year old children!
- ½ Cup Shredded Coconut

Additions if desired for microbiome health!

- 1 scoop Orthobiotic *multistrain probiotic with saccharomyces
- 1 TBS Green banana powder *high concentrated prebiotic food.
- Add 1 TSP of organic coconut oil and organic tahini to smooth the additional powders.

1. Combine coconut oil, organic tahini, Diatomaceous Earth, and Core Support. Mix with a fork until fully mixed. It comes out like a thick paste. **I do not melt my coconut oil prior to mixing. **Make sure the oil in the Tahini is mixed thoroughly prior to adding it to this mixture.
2. Add the shredded coconut! Utilize the same fork to mix well.
3. Form balls to preferred size
4. Place on freezer paper
5. Place in freezer for 1 or more hours.
6. Enjoy!