

Oat and date bliss balls



Method

1. Place dates in a pot of water and bring to the boil.
2. Drain the dates and put the liquid into a container. Set aside the liquid.
3. Place the drained dates, coconut, peanut butter, oats and cacao in a food processor.
4. Add roughly quarter of the date liquid to the mix and process. You may need a little more liquid than this. Add it slowly until the mix holds its shape. If you add too much liquid, add some more of the dry ingredients to get the balance right.
5. Prepare a small bowl with some extra coconut. Roll into small bowls and roll in the coconut.
6. Store in the fridge or freezer

Tips

- Keep a batch of muffins in the freezer and take out on a daily basis as you would like a snack

THESE BLISS BALLS ARE A HEALTHY AND FILLING FLAVOUR FILLED SNACK.

DIFFICULTY Easy

PREP. TIME mins

COOKING TIME -

MAKES 12 balls

INGREDIENTS

1 cup of dates
2 cups of rolled oats
 $\frac{3}{4}$ cup of desiccated coconut
1 tablespoon of cacao powder
1 tablespoon of peanut butter

EQUIPMENT

Food processor
Clean hands
Large mixing bowl
Small bowl for coconut

