

Bliss Balls No Dates

Yield 12-15 Balls

Ingredients

- 5 wheat biscuits (75g if you are using the crumbs)
- 1 cup raisins or sultanas
- ½ cup sunflower seeds
- ½ cup desiccated coconut
- 4 Tbsp cocoa
- 2-3 Tbsp Water

Instructions

1. Place all ingredients into a food processor, whizz until finely ground
2. Slowly add water until the mix comes together and you can form balls
3. Roll into 12-15 balls (you can roll in additional coconut if you wish)
4. Store in an airtight container for up to 5 days, they can be frozen