

Bliss Balls



Serves: 20 | Prep time: 10 minutes | Cooking time: 15 minutes

For those with allergies or intolerances this recipe is gluten free

Ingredients

- 1 cup nuts (almonds/walnuts/cashews. Can combine or choose your favourite nuts)
- 1/3 cup pitted medjool dates (soak in boiling water for 10 mins)
- 2 tsp cocoa powder (or raw cacao powder if you prefer)
- 1/2 cup shredded coconut
- 1 tsp cinnamon
- 1 tbs coconut oil
- 1 tsp vanilla extract

Note: You can add a few drops of peppermint oil

Directions

- Step 1.** Add nuts to food processor and blend for 1-2 minutes until crumbled.
- Step 2.** Add rest of the ingredients to food processor and blend until well combined. May need to add 1-2 tablespoons of water if necessary.
- Step 3.** Using a tablespoon of mixture, roll into small balls.
- Step 4.** Roll the balls in desiccated coconut (optional to lightly toast desiccated coconut on a pan if you would like). Place bliss balls in an airtight container in the fridge.
- Step 5.** Enjoy! These should keep for around 2 weeks in the fridge