



Date Bliss Balls

Makes 18

Ingredients:

- 1 ½ cup Dry rolled oats - the big oats
- 400 grams dates - approx. 24 large
- 4 tablespoons natural peanut butter
- 6 tablespoons Unsweetened Cocoa Powder
- 1 cup moist Shredded Coconut

Method:

- Soak dates in hot water for 5 minutes. Drain off any water using a strainer and press out excess moisture from dates. (this is important otherwise the bliss balls will be too wet)
- Add the oats to a food processor or high speed blender and blitz for a couple minutes until it turns into a coarse powder.
- Add the cocoa powder, peanut butter and dates to the food processor and blitz until combined (about 1 – 2 mins)
- Roll mixture into 18 even sized balls, and then roll each on in coconut to finish.
- Store in the fridge in an air tight container. They will stay fresh for 7 days.

Review:

Process: Easy Medium Hard

Comment-

Taste: ☆ ☆ ☆

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