



Apple Pie Bliss Bites

<p><u>Equipment:</u></p> <p>Measuring cups and spoons Mixing bowl Lined tray Food processor</p>	<p><u>Method:</u></p> <ul style="list-style-type: none">• Add all the ingredients into a food processor with the s-blade attachment.• Process on high for around three minutes or until well combined and the ingredients are chopped finely.• Scoop a tablespoon of the mixture and roll to make a ball in between your hands.• Roll the ball lightly in the coconut to coat then roll again in your hands so that the coconut sticks to the ball.• Repeat until all the mixture is used.• Store the bliss balls in the fridge in an airtight container
<p><u>Ingredients:</u></p> <ul style="list-style-type: none">• 1 large diced apple• 1 1/2 cup rolled oats• 1/3 cup desiccated coconut plus extra for rolling• 6 medjool dates• 50g dried apple• 25g sultanas• 1 1/2 tsp cinnamon	

