

allergy friendly

Bliss balls

Ingredients

- 250g pitted dates (or figs/raisins or a mix)
- 2-3 tablespoons cocoa
- 1/4 cup sunflower seeds (or pepitas, chia seeds, or nuts of choice)
- Desiccated coconut to coat
- boiling water to soak the dried fruit

Method

1. Place dried fruit in a bowl and cover with boiling water. Leave for 5 minutes to soften.
2. Place in the bowl of a food processor or blender and process on high until smooth-ish
3. Add cocoa and nuts/seeds as desired. Blend to combine.
4. Roll teaspoonfuls into balls and then roll in coconut to coat
5. Chill for 1 hour before serving for best texture.