

Chocolate Date Bliss Balls

Serves: 6 (makes 18 balls)

Prep time: 15 minutes

Cook time: 0 minutes



½ serve per portion

Ingredients

1 cup dates, chopped

3 tablespoons cocoa powder

½ cup nuts

¼ cup seeds

¼ cup water

½ cup puffed grain (quinoa, brown rice or other) *(optional)*

Desiccated coconut for coating *(optional)*

Method

BLEND dates and dry ingredients in food processor.

ADD enough water to form a stiff paste.

OPTIONAL: transfer mixture to bowl and stir through puffed grain.

ROLL mixture into 18 balls.

COAT with desiccated coconut and refrigerate for 30 minutes before serving.



Discretionary Food

Recipe courtesy of Judy Stubbs, Maleny Branch