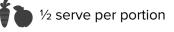
## Chocolate Date Bliss Balls

Serves: 6 (makes 18 balls) Prep time: 15 minutes Cook time: 0 minutes



## 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)



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.

Recipe courtesy of Judy Stubbs, Maleny Branch



**Discretionary Food** 

