

Bliss Balls

Healthy snack full of energy!



Making bliss balls have become such a staple in my kitchen. I think I must make them every week. They really are the perfect little snack to keep stored in a container in the fridge for whenever you need something quick and easy to eat.

RECIPE for about 15 Bliss Balls

1. Soak 0,5 cup dates in lukewarm water for about 10 minutes

In food processor mix:

1. 0,5 cup of oats
2. 0,5 cup of almonds
3. 0,5 cup of sunflower seeds
4. 0,5 cup of shredded coconut
5. 0,25 cup of cranberries or apricots
6. 1 tsp chia seeds
7. 1 tbsp of honey
8. 1 tbsp of tahini
9. 2 tbsp of sesame seeds

Mix till all well blended. Then add the soaked dates to the mixture and blend shortly. Now it should all stick together and you can make small balls, size of about a small golf ball. You can roll them in shredded coconut or cocoa if you like. Store them in a container in fridge.

You can try many different other combinations with any nuts and other dried fruits.