

Bliss Balls



Season: All seasons

Serves: 30 balls

Chia seeds—high in calcium and Omega-3

Cacao—high in magnesium and antioxidants, low in sugar

Rolled oats—high in fibre, zinc and magnesium, low in saturated fats

Equipment:

- Cup measure
- Food processor
- Knife
- Chopping board

Ingredients:

- 1 cup tahini
- 1 cup rolled oats
- 1 cup rice malt syrup or honey
- 1/2 cup quinoa flakes
- 1/2 cup flaxseed meal
- 2 tablespoons cacao powder
- 2 tablespoons chia seeds (soaked)
- 1 cup dates (pitted)
- 1/2 cup cranberries
- 3/4 cup dried apricots
- 1 handful mint leaves

What to do:

1. Roughly chop pitted dates and dried apricots
2. Put all ingredients into bowl of food processor and process until mixture is formed
3. Roll approximately 1 teaspoon into balls
4. Refrigerate until serving