**Bliss Balls**

**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

**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