



Bliss balls

Difficulty: Easy

Type: Snack/Sweet treat

Serves: 30 tastes

From the garden:

Equipment:	Ingredients
Kitchen aid/stick blender Measuring cups Measuring spoons Mixing bowls Kettle Wooden spoon	500g Dates 1 1/2 cups toasted oats 1/2 cup desiccated coconut 75g dark chocolate pieces 3 Tablespoons cocoa powder 1ts cinnamon 1/2ts ground ginger 25ml honey 50ml water (use more if needed) Pinch salt

What to do:

1. Put the dates in a large mixing bowl. Boil the kettle and carefully pour hot water over the dates. Leave for 5-10 minutes to soften.
 2. Blend the toasted oats, cocoa, cinnamon and ginger in the kitchen aid blender and place in a large mixing bowl.
 3. Add the chocolate and coconut and salt to the oat mixture.
 4. Drain and blend the dates in to small pieces but not a puree.
 5. Measure out the honey and water and pour over mixture.
 6. With clean hands, mix until well combined.
 7. With wet hands roll mixture into small balls and roll in toasted coconut and place in the fridge or freezer to harden.
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