

Lemon and coconut bliss balls



Makes 12

Ingredients

- 1 cup soaked dates
- ½ cup rolled oats
- ½ cup desiccated coconut
- ½ lemon juiced
- 1 tbsp lemon zest
- ½ teaspoon vanilla essence
- 1 pinch of salt

For coating the bliss balls

- 3 tbsp desiccated coconut

Equipment Needed

- Small bowl
- Measuring cups
- Measuring spoons
- Knife and chopping board
- Food processor

Method

- Roughly chop the dates.
- Add the dates to the bowl of the food processor along with the rolled oats, coconut, lemon juice and zest, vanilla essence and salt and process until the ingredients are thoroughly combined.
- Check the mixture is sufficiently moist to be able to roll into balls. If not, add a teaspoon of water and blend again.
- Roll into balls
- Sprinkle coconut on a board and roll balls through coconut.
- Serve on 4 platters

Don't forget to clean up! 😊