



## Bliss balls

**Difficulty:** Easy

**Type:** Snack/Sweet treat

**Serves:** 32 tastes

**From the garden:**

Equipment:	Ingredients
Kitchen aid/stick blender	500g Dates
Measuring cups	1 1/2 cups toasted oats
Measuring spoons	1/2 cup desiccated coconut
Mixing bowls	75g dark chocolate pieces
Kettle	3 Tablespoons cocoa powder
Wooden spoon	1ts cinnamon
	1/2 tsp 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.