

Bliss Balls

You can dream up your own favourite flavour of bliss balls by loosely following this recipe. Try to stick to the same kind of ingredients, which I am putting into 4 groups:

1. Nuts & seeds (most)
2. Coconut, and really soft/ oily seeds/ nuts (hemp seeds, macadamia nuts)
3. Dates - very moist dried fruit (may include pears, some apricots)
4. Dried fruit - sour cherries, apricots, cranberries, sultanas
5. Dry - cocoa, ground chia, linseed, coconut flour, spices e.g. cinnamon, nutmeg, cloves

Ingredients

makes 20 x 30g balls

Cranberry almond

- 1 cups (50g) coconut flakes*
- 80g (1 cup) roasted almonds
- 250g cranberries (whole, organic)
- 1 cup (140g) pitted Medjool dates
- 20g pumpkin seeds

Omega 3 Cherry Ripe Special

- 225g sour cherries*
- 140g dates
- 75g coconut flakes
- 40g hemp seeds
- 80g pepitas
- 30g Fairtrade cocoa or cacao

Method

1. Combine all ingredients (excluding crunch option) in a powerful blender and process until it resembles bread crumbs and holds together when pinched between thumb and forefinger.
2. If you do not have a super duper food processor, this may take 5 minutes. Do not add water. With patience they will come together. If it is too dry, add another couple of dates or if you don't want to add more sweetness, add a little coconut oil (1 teaspoon at a time).
3. If too wet, add some more dry ingredients.
4. Once processed and ready, roll into balls and store in the fridge or freezer.

*Sour cherries are the best but not always accessible and they are not cheap. You can substitute with prunes and cranberries or figs and inca berries. Experiment lots of flavours are delicious

Sour cherries are high in Vitamin A which is great for your skin and immunity. As it's a fat soluble vitamin, fat is required for absorption. There's plenty of healthy omega 3 fatty acids in the hemp seeds and the Lauric