

# bliss balls

**These bliss balls are a more nutritious alternative to lollies and confectionary in school lunch boxes.**

## ingredients

### Serves 8

- 2 cups oats
- 2 cups dried dates
- 2 teaspoons cinnamon, ground
- 2 tablespoons honey
- Desiccated coconut (to coat)

## method

1. Process the oats, dates and cinnamon in a food processor.
2. Add the honey and mix with a wooden spoon or spatula to make a sticky consistency.
3. Roll 1 teaspoon of the mixture into balls.
4. Lightly roll each ball in coconut then refrigerate for 30 mins before serving.



For variation, you can replace the dates with another type of dried fruit, such as apricots.