



RACHEL'S BLISS BALLS

This recipe is really delicious, full of fibre and nutrients. A great snack for the kids.

 10 minutes 25 minutes 15 portions

INGREDIENTS

- 1/2 cup of dates, dried, flesh and skin (finely chopped)
- 30 grams of goji berries, dried
- 75 mL of water, boiled
- 75 grams of coconut, desiccated (1/4 c)
- 1/2 cup of nuts, cashew nuts, raw
- 1/2 cup of nuts, mixed
- 1 tsp of vanilla extract (4 g)
- 1 cup of oats (156 g)
- 2 Tbsp of cacao nibs
- 1 Tbsp of seeds, chia seeds, dried

COOKING METHOD

- 1° Finely chop up the dates and goji berries. Place the chopped fruit into a bowl, add the chia seeds, and boiling water. Soak for 10 - 15 minutes.
- 2° In a pan, add the cashews and mixed nuts (you can use whatever nuts you like - I had mostly almonds, and walnuts), dry fry until the nuts start turning brown. Remove from the heat.
- 3° In a blender, add the nuts and chop until they resemble fine breadcrumbs. Whilst still warm add the chopped, soaked fruit. Blend until combined.
- 4° Add the rolled oats to a bowl, then add the fruit and nut mixture. Stir all together, until well combined.
- 5° Add the cacao nibs. Then with wet hands, roll into balls. Makes 15 balls. Refrigerate for 10 minutes.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (47 g)	% DRI
ENERGY	418 kcal	196 kcal	10 %
FAT	25 g	12 g	18 %
FATTY ACIDS, TOTAL SATURATED	10 g	5 g	24 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	22 mg	10 mg	0 %
CARBOHYDRATE	39 g	18 g	6 %
SUGARS	16 g	7 g	—
FIBER	6 g	3 g	10 %
PROTEIN	12 g	6 g	—