

Basic Bliss Balls

Prep: 15 mins

Cook:

Makes: 20 Balls



Equipment:

Food processor
Measuring cups and spoons

Ingredients:

1/4 cup peanuts
1/4 cup raw cashews
10 Medjool dates, seeds removed
1/2 teaspoon concentrated natural vanilla extract
Pinch of salt
1/2 cup crunchy peanut butter
3 tablespoons cacao
1 tablespoon honey
1/4 cup desiccated coconut

Method:

Place the nuts into your processor and blend until ground. Add remaining ingredients and pulse until combined, but still has lots of texture. Use your hands to shape the mixture into balls and place the balls into the fridge to set.

To serve:

Keep in an airtight container in your fridge for up to 2 weeks.

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Food, Fun, do!