



December 1<sup>st</sup>, 2015

## Festival Bliss Balls

### Ingredients

- ¼ cup almond meal
- ¼ cup chopped walnuts
- ¼ cup chopped raw cashews
- ¼ cup finely chopped dried apricots
- 1 cup chopped dates
- 2 Tbsp cocoa powder
- 1 Tbsp tahini
- 1 Tbsp almond milk
- ½ cup dedicated coconut

These delicious festive snacks are bound to end up as a family favorite! They are healthy, quick and simple to make, as well as being very morish!

### Method

1. Put the coconut aside and mix remaining ingredients together in a blender or in a bowl using your hands.
2. When combined, sprinkle coconut out over a tray on plate and then roll the mixture up into small balls of even size.
3. Roll the balls over the coconut until completely covered and set onto a tray.
4. Store in the fridge so they last longer or keep them out to keep them soft.

### Tip

Not a fan of any of the nuts or fruit used? You can swap or add your favorites to get the winning combination that you will love. Just make sure that you adjust the amount of tahini and almond milk to ensure the mixture is moist enough to roll into balls.