Bliss Balls

400g Almond Meal 400g Pitted Dates

Lemon Juice 2 Tab Coco Powder

Desiccated Coconut

Soak dates in boiling water for 15 minutes, strain and set aside excess liquid.

In a food processor blend almond meal, dates, lemon juice and coco together until it is smooth and can be rolled into balls. If mixture is dry add some of the saved date water or if mixture is too wet add some more almond meal.

Roll into balls and toss in coconut. Store in the fridge and they will keep for a week.