



Time to Cook

Chocolate Bliss Balls

Prep : 15 minutes

Total: 15 minutes

Ingredients:

- 1 Cup Pumpkin Seeds/Sunflower Seeds
- 1 Cup Pitted Dates
- 1/2 Cup Pitted Prunes
- 1/2 Cup Sultanas
- 1/4 Cup Cocoa
- 1 Tablespoon Coconut Oil
- 2 Teaspoons Water
- Desiccated Coconut



Instructions:

1. Place Pumpkin Seeds/Sunflower Seeds into a food processor and blitz for 20-30 seconds
2. Add the Dates, Prunes and Sultanas and process again
3. Add the Cocoa and Coconut oil and pulse until combined
4. Slowly add the water, add just enough to make a dough-like consistency
5. Roll into balls and coat with the Desiccated Coconut
6. Store in an air-tight container in the freezer
7. Try not to eat them all right away! Yum!

