

Recipe Ingredients

- ½ Cup Ground Almonds
- 1 Cup Medjool Dates (about 12)
- ½ Cup Desiccated Coconut
- 1 Tbsp Cocoa or Cacao Powder
- 2 Tbsp Water
- Plus - ¼ Cup Desiccated Coconut for rolling



You will need

- Mixer with an S blade
- Plate
- Teaspoon
- Measuring Cup
- Kettle

Recipe Instructions

- Remove the pits from the dates. Soak the dates in a small amount of just boiled water from the kettle for about 5 minutes just to soften them slightly while you get the remaining ingredients and equipment ready. Drain them, saving about 2 tbsp of the soak water.
- Add ½ cup desiccated coconut to the ground almonds, pitted dates, cacao powder and water then mix in the mixer for a couple of minutes until completely smooth.
- Roll about a teaspoon size of the mixture into a ball with your hands. You should be able to make about 20 coconut bliss balls. They're pretty delicate and squidgy in texture at this point (yum!)
- Spread the remaining desiccated coconut onto a plate and roll the balls one at a time into the coconut to cover. *Don't they just look So so pretty?*

TIP

Chocolate, almond and coconut bliss balls will keep well covered in the fridge for up to 3 days.