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Bliss Balls

Bliss balls are popular favourites amongst adults and children alike. Easy and quick to make if you have a food processor, these tasty little treats are super healthy with minerals, fats and protein from the nuts and seeds and natural sugars and minerals from the dried fruits.

Ingredients

100g nuts & seeds (any combination of almonds, hazelnuts, pecans or walnuts, sunflower, pumpkin seeds)

100g dried fruit chopped (mixture of dates, apricots, peaches)

coconut or carob for rolling

Method

Soften dried fruit in a very small amount of water and leave for 15 minutes or alternatively heat in saucepan very gently for a few minutes and allow to cool.

Grind nuts in a food processor or electric coffee grinder until they reach a smooth/mealy consistency.

Then add dried fruit and process again until well combined.

Roll in balls and cover with coconut or carob.

Refrigerate to allow to harden a little and store in the fridge. They keep well for at least a week – though you will be lucky if they last that long!

NB: You can add some cocoa or carob for a chocolaty variation.

