



# Cranberry Bliss Balls

## Ingredients (18 balls, 9 serves)

- 100 g cranberries
- 50 g pitted dates
- ¼ cup black chia seeds
- ¾ cup boiling water
- 1 tsp vanilla essence
- 30g shredded coconut (no added sugar)
- 1 cup raw almonds
- 30g cacao or cocoa powder
- 2 tsp. coconut oil
- ¼ cup shredded coconut, for rolling

## Method

- Combine the cranberries, dates, chia seeds and boiling water in a bowl. Allow them to soak for 5-10 minutes.
- Place coconut, almonds, cacao, coconut oil, vanilla essence and the cranberry mix above into a food processor. Blend on high until thoroughly combined. It will resemble brownie batter.
- Once the mixture has a sticky and moist texture to it, refrigerate for 30 mins. This makes it easier to shape the bliss balls.
- Roll about 2 tsp worth of the mixture into balls (20g each), then lightly roll them in desiccated coconut.
- Allow to sit in your fridge to set for about 20 minutes.
- Recommend serve for a snack is two balls.

## Nutrition Info (per serve):

- **Energy:** 848kJ (202 cal)
- **Protein:** 4.5g
- **Fat:** 14g (2g saturated)
- **Carbohydrate:** 13g (12g sugar) – from dried fruit
- **Fibre:** 5g
- **Sodium:** 12mg