

Ingredients

Makes 40 Apricot Bliss Balls

- 4 ripe bananas
- 2 cups sultanas
- 2 cups dried apricots (diced)
- 2 cups puffed rice
- 2 Cups quick cooking oats
- 2 Cups desiccated coconut



Method

1. Mash peeled bananas in a mixing bowl
2. Add dried fruit and mix to combine
3. Add puffed rice, followed by the oats
4. Mix together. You should end up with a moist dough-like mixture
5. Allow to stand for at least 5 minutes
6. Shape into small balls using a large tablespoon of mixture and roll in coconut to coat each ball
7. Serve immediately or refrigerate for up to 3 days.

Notes:

This recipe is a great way to serve a fruit based treat to fussy children. It is also a good recipe to get the children involved as they can easily make these treats themselves by mixing the ingredients together and rolling them into balls.