

Strawberry Bliss Balls

Ingredients

- 1 punnet strawberries
- 2 cups rolled oats
- 1 cup desiccated coconut
- 8 fresh dates, seeds removed
- Extra desiccated coconut for rolling

Serves: 20

Prep Time: 20 mins

Chill Time: 2 hours



Method

1. Remove the green tops from strawberries and roughly chop.
2. Place the chopped strawberries, rolled oats, desiccated coconut and fresh dates in a food processor and blend until well combined. If the mixture is too dry, add a teaspoon or two of water.
3. Roll the mixture into small balls and in extra desiccated coconut, if desired.
4. Can eat immediately, but best to chill before serving to harden.

Recipe notes:

If strawberries are out of season, try using deforested frozen strawberries. You can adapt these strawberry balls to suit you – include nuts, seeds or nut butters. Store in airtight container in fridge for 2-3 days.

Food Group	Serves per recipe	Serves per portion
Vegetables	0	0
Fruit	6	0.3
Grain foods	8	0.4
Lean meat and alternatives	0	0
Milk, yoghurt and cheese	0	0