

Lamington bliss balls

These choc berry flavoured bliss balls are a perfect treat when you are craving something sweet. The recipe can easily be doubled if you are making these to take to a gathering or give as a gift. Store in the fridge for up to 1 week.



- Serves : **Makes 10-12**
- Prep : **10 min + refrigeration**
- Cook : **0 min**

- Vegan
- Vegetarian
- Lactose free
- Snacks

Ingredients

- 15 pitted dates
- 1 cup rolled oats
- 3 tablespoons cocoa powder
- 1 tablespoon chia seeds
- 1 tablespoon dried cranberries or goji berries, chopped into small pieces
- 1 tablespoon shredded coconut (optional)

Method

- 1.** Place the dates in a small bowl and add enough warm water to just cover the dates. Allow to soak for 5 minutes.
- 2.** Add the soaked dates and a couple of tablespoons of the soaking water to a blender or food processor. Add the oats, cocoa powder and chia seeds and blend to combine. Add a little more water if necessary, to bring the mixture together. The mixture should be thick and does not need to be completely smooth.
- 3.** Mix in the chopped dried berries into the bliss ball mixture.
- 4.** Roll heaped teaspoons of the mixture into balls. Place the coconut onto a small plate and roll the bliss balls in the coconut to cover. Refrigerate for an hour or more until firm before serving. Enjoy!