

Choc crunch bliss balls

Recipe adapted from Kidgredients.com.au

Traffic light category: **Amber**

Serves: 18 (approx 20g serve)

Ingredients

- 1½ cups puffed rice (not rice bubbles)
- 1½ tablespoons unsweetened cocoa powder
- 10 fresh Medjool dates, seeds removed
- 2 tablespoons chia seeds
- 1 tablespoon pumpkin seeds
- 2 tablespoons dried cranberries, soaked in hot water for 10 minutes, drained
- 2 tablespoons canola oil
- Water, up to 2 tablespoons
- Dessicated coconut (optional)

- *Balls can be rolled in a small amount of coconut for a Christmas feel*
- *Give them a Christmas name on the menu such as Reindeer drops, Xmas balls or Choc baubles*

Method

1. Place all ingredients except the water into a food processor, process for approx. 30 seconds or until mix resembles coarse breadcrumbs
2. Add water bit by bit until the mixture comes together into a ball
3. Transfer to a bowl, with wet hands shape into small balls (the mixture will be sticky)
4. Place on a tray lined with greaseproof paper, refrigerate for at least 2 hours until set
5. Roll in coconut if desired.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	332.kJ	1633kJ
Protein	1.04g	5.1g
Total fat	3.16g	15.5g
Saturated fat	0.48g	2.38g
Carbohydrate	12.3g	60.6g
Sugars	8.10g	39.8g
Dietary fibre	1.8g	8.8g
Sodium	3.9mg	19.4mg



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