

# Nut free bliss balls

Traffic light category: **Amber**

Makes: 60 balls (1 serve = 2 balls)

## Ingredients

- » 1 cup (150g) pitted dates
- » 1 cup (150g) dried apricots
- » 1 cup (100g) rolled oats
- » 1 tablespoon tahini
- » 2 teaspoons cocoa
- » ¼ cup dessicated coconut

## Method

1. Place all ingredients in a blender and process until mixture comes together
2. Shape in balls
3. Roll in coconut and refrigerate until firm

Nutrition information panel		
Nutrient	Per serve	Per 100g
Weight	30g	100g
Energy	416kJ	1386kJ
Protein	1.9g	6.3g
Total fat	2.3g	7.7g
Saturated fat	0.9g	3.0g
Carbohydrate	16.3g	54.2g
Sugars	9.2g	30.5g
Dietary fibre	1.9g	6.5g
Sodium	14mg	46mg



Recipe source: Healthy Kids Association