

# BLISS BALLS



DAIRY WOMEN'S  
NETWORK  
success through inspiration

**Recipe by** Sarah Percy

*These little balls of energy provide valuable nutrients, as well as the sweetness we so often desire. No added sugar through, the sweetness comes from dried fruit.*

## Ingredients

300g dates  
100g dried apricots  
400g ground almonds  
5 Tbsps cocoa  
1 orange, juiced and zested  
Coconut or cocoa for coating

## Method

1. Cover dates with very hot water and soak for 15 minutes. Add apricots in for the last 5 minutes.
2. Drain and reserve the liquid.
3. Blend dates, cocoa, juice and zest in a food processor until smooth.
4. With the processor going slowly add in almonds until a mixture forms that can be rolled into balls.
5. Roll into balls and cover in coconut or cocoa.
6. Refrigerate or freeze.



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