

Date & Oat Bliss Balls

Ingredients

- 1 cup dates
- 1 cup rolled oats
- 1 Weetbix
- 3/4 cup desiccated coconut
- 1 tablespoon cocoa
- 2 tablespoons coconut for rolling



Method

1. Cut dates into small pieces and place in a small bowl – cover with hot water. Set aside for 5 mins to soften.
2. Drain the dates, keep the liquid separate, and set aside.
3. Crumble the Weetbix up into a large bowl.
4. Add the drained dates, coconut, oats and cocoa together with Weetbix.
5. Add 1/2 cup date liquid to the mix and stir to combine. You may need a little more liquid than this, add spoonful's slowly until the mix holds its shape.
6. Roll mixture into 16 small balls and roll in extra coconut.
7. Store in the fridge or freezer.

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