



# Nut Free Honey Bliss Balls

EASY • 10 MINS

Listen up lunchbox adventurers, these aren't your run-of-the-mill bliss balls! One bite into these and you'll float away to a world of creamy choc-caramel goodness without the guilt. And they're nut-free to boot, winning!



SKILL LEVEL  
Easy

PREP TIME  
10 mins

SERVINGS  
12

## Ingredients

- 1 cup rolled oats

## Method

1. Combine rolled oats, honey, cocoa powder, dates, tahini and 1 cup coconut in a food processor and blend until smooth and well combined.

Visit [capilano.com.au](https://capilano.com.au) to learn how to swap honey for sugar in your recipes.

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- 90g (¼ cup) Capilano Honey
- 2 tsp cocoa powder, sifted
- 10 pitted dates
- 1 tablespoon tahini
- ½ cup desiccated coconut + 2 tablespoons to coat

### *Method*

2. Place another 2 tablespoons desiccated coconut on a plate. Roll 1-tablespoon portions of mixture into balls. Roll in coconut to evenly coat. Place on a lined tray in the fridge for 1 hour or until set.

## Used in this recipe

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