



# 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
- 90g (⅓ cup) Capilano Pure Honey

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

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- 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



### Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

**Make the Sweet Switch**  
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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