



# 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 Organic Raw 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



### ORGANIC RAW HONEY

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste  
Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic  
This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

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

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

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