

# COCONUT DATE BLISS BALLS



**READY IN**

**MAKES**

**DIFFICULTY**

1 hour 40 mins

16

Easy

## INGREDIENTS

- 12 Medjool dates
- 1 cup almond meal
- 1/2 cup shredded coconut,  
plus 1/3 cup extra for rolling
- 1/3 cup coconut oil
- 1/3 cup cacao powder
- 1 tablespoon chia seeds

## METHOD

### Step 1

Place dates in a medium bowl and cover with water. Stand for 1 hour. Drain and discard seeds.

### Step 2

Process dates, almond meal, shredded coconut, coconut oil, cacao powder and chia seeds until mixture comes together. Transfer to a bowl and stand for 20 minutes for chia seeds to soften.

### Step 3

Place remaining coconut in a shallow dish.

### Step 4

Roll level tablespoons of mixture into balls. Roll in coconut to coat.

**WellFair**