

Chocolate Protein Bliss Balls

INGREDIENTS

- 10 medjool dates
- 1/4 cup sunflower seeds
- 1/4 cup pepitas
- 1 tbsp chia seeds
- 1/2 cup coconut flakes
- 1/2 cup oats
- 2 tbsp cacao powder
- 2-3 drops food grade peppermint oil or other flavour (optional)
- pinch salt
- desiccated coconut (to roll balls in)



METHOD

1. Soak dates in warm water for 5 minutes
2. Drain dates, then throw into a food processor
3. Add rest of the ingredients to the food processor
4. Blitz until the mixture comes together – blitz until you get the consistency like.
5. Roll into balls the size you want.
6. Roll the balls in desiccated coconut.



- A fun way to get the children involved in their lunchbox snacks.
- Pop them straight from the freezer into the lunchbox.
- A great swap for store bought cakes and muffins.



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