
Cocoa Date & Fig Bliss Balls

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

To make the Bliss Balls

- 200g soft dates
- 200g dried figs
- 1/2 tsp orange zest
- 1/4 cup rolled oats
- 1/4 cup cocoa powder
- 2 tbsp tahini
- 1 tbsp hemp seeds (or sunflower seeds)
- 1 tsp maca powder (optional)

Optional Coating

- Hemp seeds
- Cocoa Power

Instructions:

1. Place all the bliss ball ingredients in the food processor and process until the ingredients are blended and can be shaped into a ball.
2. Roll about a tablespoon portion of dough to make a ball. Roll in hemp seeds for an extra protein boost, or cocoa powder for a truffle effect.

Store in an airtight container in the fridge. It should be keep for 1 week, but I will be surprised if it lasts that long.