



Posted on 24 January 2016
by Heidi Jones

On-The-Go Breakfast Bliss Balls



Ingredients

1 cup of mixed dried fruit – recommended combination: apricots, mangos, kiwi and dates.
¾ cup of old fashioned rolled oats.
¼ cup of desiccated coconut
1 tablespoon of vegan vanilla protein powder
1 tablespoon of chia seeds
1 tablespoon of honey
1½ tablespoon of coconut oil

Preparation

- 1 Equipment: Food processor.
- 2 Prepare the fruit: In the food processor pulse the dried fruit until broken down into small pieces.
- 3 Line a plate with silver foil.
- 4 Add the rolled oats, desiccated coconut, chia seeds and protein powder along with the dried fruit and pulse in the food processor until well combined.
- 5 Add the honey and coconut oil and blend together for 2-3 minutes, until a soft dough is formed.
- 6 Remove the blade from the food processor.

- 7 Using a tablespoon, spoon out the dough and then roll in-between the palm of your hands into balls, similar in size to golf balls.
- 8 Place the bliss ball onto the lined plate.
- 9 Repeat this process (bullet points 5 & 6) until all the mixture has been used up.
- 10 Approximately 8-10 bliss balls.
- 11 Place bliss balls to set in the fridge for 30 minutes.
- 12 Store in an airtight container for up to 3 days.

Cooks Note

- Experiment with a range of fruits to suit your taste buds and use gluten-free oats if you have food sensitive's.
 - Prepare these wholesome bliss balls in advance of a busy week and use as them as an 'on-the-go' breakfast your whole family can enjoy or a energy boosting pre-workout or school activity.
-