

Tony's Strawberry Bliss Balls

Ingredients

Desiccated Coconut, 1 cup (plus extra for rolling)

Walnuts, 1 cup

Oats, 1 cup

5-10 Fresh Pitted Dates

Fresh Strawberries, 1 cup

Method

Step 1

Add all the ingredients into a powerful blender or food processor.

Blend well, until all the ingredients have combined well to form a thick mixture.

Tip: Add in a little bit of water, coconut water, or milk to the mixture if too thick to blend.

Step 2

Form the mixture into small balls using your hands.

Roll the balls in more of the desiccated coconut to coat.

Step 3

We recommend refrigerating for at least an hour before consuming.

Strawberry bliss balls can be stored in an airtight container in the fridge for approximately 5-7 days.

Buon appetito!



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Pic for illustration purposes only. Recipe may vary in appearance to pic.