

Prune Bliss Balls



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The perfect healthy morning, afternoon or lunch box snack. After trying this you'll use soft and juicy prunes as the binding ingredient for every future bliss ball you make. Delicious.

SERVES: 10 | PREP TIME: 10 mins | LEVEL OF DIFFICULTY: ●○○

Vegetarian, vegan, dairy free, gluten free.

Bliss Balls

INGREDIENTS

- 1 cup toasted unsalted cashews
- 1/3 cup cocoa
- 1 tbsp each chia, pepita, sunflower seeds
- 1 tsp vanilla
- pinch salt
- 1 tbsp maple syrup
- 1 cup (200g) **Australian prunes**, pitted
- 1 tsp of orange zest or 3 drops orange essential oil (optional).
- 1 cup desiccated coconut (for rolling)

METHOD

1. Cover the prunes in boiling water for 5 mins, then drain.
2. Blitz all ingredients together in a food processor until smooth.
3. Ball into small golf ball size balls with wet hands and roll in desiccated coconut.

Makes 10. Store in an airtight container in the refrigerator.

NUTRITION

Per serve: Energy 860kJ · Protein 4g · Total fat 14g · Saturated fat 7g · Total Carbohydrates 13g
• Total sugars 9g · Dietary fibre 5g · Sodium 30mg

20g prunes per serve (40% of daily 50g serve of prunes)

- Source of energy from carbohydrates and sugars
- Source dietary fibre
- Low in sodium



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