

BLACK BEAN BLISS BALLS



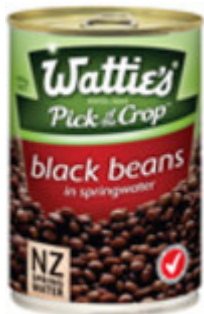
Makes 30 (2 per serve)



Prep Time 15 minutes



Easy As



INGREDIENTS

- ½ cup dates
- ½ cup dried cranberries
- ½ cup ground almonds
- 2 Tbsp cocoa
- 2 Tbsp runny honey

METHOD

1. Put the dates, cranberries, ground almonds, cocoa, honey, **Wattie's Black Beans** and orange zest into a food processor. Process until the fruit is finely chopped. The mixture will come together into a ball.

- 400g can **Wattie's Black Beans in Springwater**, drained
- Zest from 1 small orange

Toppings:

- Finely chopped toasted pistachios
- Cocoa
- Coconut

2. Roll the mixture into small balls.* Roll balls in finely chopped toasted pistachios, cocoa or coconut. Store in a container in the fridge.

TIPS

- This recipe gets the Healthy Pick for Baking and Desserts.
- *Make ahead and freeze balls on a tray in a single layer. Pack into an airtight container or resealable bags. Thaw and roll in coconut or cocoa before serving.