

HEALTHY BLISS BALLS



 Makes 15

 Prep Time 20 minutes



INGREDIENTS

- ½ cup wholegrain rolled oats
- ½ cup ground almonds
- 1 cup raisins
- ¾ tsp **Gregg's Ground Mixed Spice**
- Zest from ½ orange
- 1 Tbsp golden syrup

METHOD

1. Place all ingredients (except coconut) into a food processor. Process until ingredients bind together. Roll into even sized balls. Roll balls in coconut. Store in a container in the fridge.

- 2 Tbsp orange juice
- 2 Tbsp fine desiccated coconut

TIPS

- Leaving them in the fridge will allow the flavours to develop.
- Raisins can be replaced with sultanas or cranberries if wished.
- Replace golden syrup with runny honey.
- A Healthy Pick serving for this recipe is 2 bliss balls.