


# Choc Peanut Bliss Balls

## Ingredients

- 1 cup dates
- 2 cups rolled oats
- 3/4 cup desiccated coconut 
- 1 tablespoon cacao (or cocoa) powder
- 1 ½ cup boiling water
- 1 tablespoon natural peanut butter



## Directions

- 1) Pour the boiling water over the dates and let sit for 5 minutes (or overnight).
- 2) Drain the dates and put the liquid into a container and set aside.
- 3) Place the soaked dates, coconut, oats and cacao into a food processor (or mash dates by hand and stir in the other ingredients).
- 4) Add a small amount of the date liquid (1-2 Tablespoons) to the mixture and process. You may need a little more liquid than this, add it slowly until the mix holds its shape. If you accidentally add too much liquid add a small number of oats to balance.
- 5) Roll mixture into small even-sized balls.
- 6) Roll the balls in extra coconut if desired, store in the fridge or freezer.

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