

CHOC CRUNCH BLISS BALLS



Traffic light category: **Amber** Serves: 18

Ingredients

- 1½ cups puffed rice
- 1½ tablespoons unsweetened cocoa powder
- 10 fresh medjool dates, seeds removed
- 2 tablespoons chia seeds
- 1 tablespoon pumpkin seeds
- 2 tablespoons dried cranberries, soaked in hot water for 10 minutes, drained
- 2 tablespoons water

Method

1. Place all ingredients except water into a food processor, process for approximately 30 seconds or until the mix resembles coarse breadcrumbs
2. Add water bit by bit until the mixture comes together into a ball
3. Transfer to a bowl, with wet hands shape into small balls
4. Place on a tray lined with greaseproof paper, refrigerate for at least 2 hours until set.

These bliss balls
make the perfect
pre-training snack

*Recipe adapted with permission from the
Western Australian School Canteen Association Inc.*

Hungry for more?

Contact the Fuel to Go & Play® team
08 9264 4999 | fueltogether@education.wa.edu.au