



SABELLA FITNESS

COCONUT DATE BLISS BALLS

A super simple recipe that involves just 2 ingredients!
These make a great nutritious snack and can be stored in the fridge or air tight container.

INGREDIENTS

Serving: Makes 12 Balls

- 12 Pitted Dates (Medjool preferred)
- 6 Tablespoons of shredded /Desiccated coconut
- 6 Tablespoons of Hot Water

PREPARATION: 10MIN

COOKING: 10MIN

READY IN: 20MIN

METHOD

1. Place your dates in a small shallow dish and pour over the hot water.
2. Allow the dates to soak up some of the water for around 15 minutes.
3. Meanwhile sprinkle your coconut over a large tray or plate.
4. Place the soaked dates into a food processor and blend until smooth.
5. Roll the date mix into balls and roll in the coconut.
6. Pop the date balls onto a tray and firm up in the fridge for an hour
7. Enjoy!

Credit: healthymummy.com