



## **Oat and Apricot Bliss Balls**

**A simple, natural treat to keep  
you energised throughout the day.**

# Makes 20 pieces

## Cooking time 10 minutes

### Ingredients

- ½ cup desiccated coconut, plus 3 tbsps for rolling
- 2 cups dried apricots
- 2 cups rolled oats

### Handy Tips

- Try experimenting with other dried fruits like pitted dates.
- Store in an airtight container in the fridge to keep fresh for longer.

### Method

- 1 Set aside 3 tablespoons of the desiccated coconut for rolling the bliss balls.
- 2 Add apricots, oats and desiccated coconut to a food processor.
- 3 Blitz until finely chopped and well combined.
- 4 Shape mix into small balls and roll in desiccated coconut.

