

Chocolate Caramel Bliss Balls

Equipment

food processor or blender

Ingredients

½ cup rolled oats

12 medjool dates (these are in the fresh fruit and veg at the supermarket)

½ cup desiccated coconut

1 tsp vanilla extract/essence

2 tbsps maple syrup

¼ cup smarties/ m&ms (optional)

Process

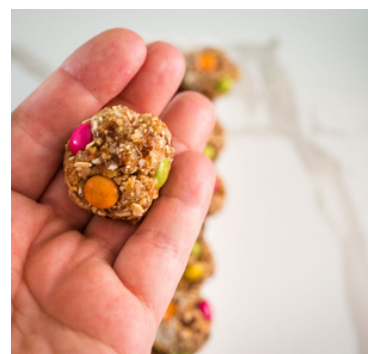
Combine all the ingredients except the mini smarties/ m&ms in the bowl of a food processor.

Process until sticky and broken down- takes about 1 minute.

Grab teaspoonfuls of the mix and roll into balls.

Add the mini smarties/ m &ms.

Refrigerate until serving.



Substitutions:

DAIRY FREE: leave out the mini m and ms- they still taste amazing, I promise!

GLUTEN FREE: quinoa flakes work well as a substitute for the oats.

Storage:

Store in the fridge. Can also be frozen.