

Berry Bliss Balls



Makes: 20
Prep: 30 mins

Dietary: EF, NF, VEG, DF, EF
Allergens: Wheat
Age group: 8 months+

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Berry Bliss Balls

Equipment

High-speed food processor

Ingredients

- 1 cup (160g) frozen mixed berries
- ¼ cup (40g) beetroot, peeled and grated
- 6 Medjool dates (120g), pitted and chopped
- 1 tsp (5ml) vanilla extract
- 1 cup (100g) rolled oats
- 1/3 cup (35g) coconut flour
- 2 tbsp (40ml) coconut oil, softened

- ½ cup (40g) desiccated coconut, to roll balls in

Method

1. Place berries, beetroot, dates and vanilla into a high-speed food processor and process until smooth.
2. Add rest of the ingredients and process until a smooth dough is forming.
3. Roll into small balls.
4. To coat, roll into desiccated coconut.
5. Place into the freezer for 10 mins before serving.

Storing Leftovers: Store in an airtight container in the fridge for up to 1 week or in the freezer for up to 4 months.

Tips

- ✓ **Allergies:** For a gluten-free version: Swap oats for gluten-free oats or quinoa flakes.
- ✓ **Prep tips:** To reduce prep time, press mixture into a baking dish and place in the freezer for 30 mins. Remove from the freezer and cut into little squares.
- ✓ **Easy ingredient swaps:** Swap mixed berries for berries of choice.
- ✓ **Baby-friendly version:** Cut each bliss ball into quarters or baby-appropriate pieces before serving.
- ✓ **Steps for children:** Children can assist by adding ingredients to the processor, rolling bliss balls and coating in coconut.
- ✓ **For selective eaters:** Use cookie cutters to shape the bliss ball mixture into fun shapes.