

Pure Bliss Balls

1 ½ cups chopped dates/ mashed (medjool dates mash quite easily)

1 cup raisins

1 - 2 cups orange juice

juice of ¼ lemon or to taste

1 cup jumbo oat flakes

1 cup buckwheat flakes

1 cup brown rice flakes

1 cup desiccated coconut - I blend it briefly to make it a bit finer

½ cup carob powder - mine is from Oz & particularly good flavour - haven't found a really good source here so suggest you halve quantity first batch - light carob would possibly be better than dark

1 cup chopped nuts - I use almonds, brazils, cashews (you can buy a non electric nut chopper)

½ cup of raw almond or cashew butter

Soak everything except nuts and nut butter in OJ and lemon in fridge for 12 - 24 hours

Then add nuts and nut butter and mix well.

Form into balls & roll in desiccated coconut without eating too many! 😊
Organic ingredients are naturally the best choice.

Store in freezer. Remove from freezer 10 - 15 minutes before you want to eat them. They're ok frozen, but not great for teeth & much more delicious thawed.

(This is a approximately what I do as I'm a hit and miss cook. They are a little time consuming, but kids may like to help)