

THE LIFE AUDIT

CHOC RAISIN BLISS BALLS

MAKES 14 BLISS BALLS

INGREDIENTS

1 1/2 cups desiccated coconut
1/2 cup (60 g) raisins
3 tablespoons honey
3 tablespoons hulled tahini (ground sesame seeds)
2 tablespoons cacao or cocoa power
1 teaspoon vanilla extract
pinch of salt

METHOD

1. Place the ingredients into your processor and blend until the mixture is combined. Try not to over-blend.
2. Use slightly damp hands to roll a tablespoon of the mixture into a ball. Repeat with the remaining mixture and place the balls in the fridge to set.