

Sultana & coconut bliss balls

Makes: 18

Prep time: 25 mins

Cooking time: 0 mins



Ingredients

1 cup sultanas

1¼ cups desiccated coconut

1½ cups rolled oats

⅓ cup pepitas

2 tsp vanilla essence

½ tsp ground cinnamon

Step 1: Put the sultanas in a heat-proof bowl and pour over boiling water until covered. Set aside and soak for 10 minutes or until soft. Drain.

Step 2: Process the sultanas in a food processor until a paste forms. Add 1 cup coconut, oats, pepitas, vanilla and cinnamon and process until the mixture comes together.

Step 3: Place the remaining ¼ cup coconut in a shallow bowl. Using wet hands, roll approximately 1 tablespoon of mixture into a ball and roll in coconut to coat. Shake off excess and repeat to make 18 balls.

Step 4: Cover and chill in the fridge for 1 hour or until firm.

For this recipe and more visit:
healthymadetasty.com.au



Cancer Council
Healthy Made Tasty