



# CAROB, TAHINI & ORANGE BLISS BALLS

This weeks recipe inspiration comes from Sarah Follent of Baked Livingness. An amazingly light and nourishing bliss ball rolled in a spicy seed mix. Enjoy!

## **Ingredients:**

### **Seed Mix**

1 cup *pepitas*

1 cups of *sunflower seeds*

1/4 cup *linseeds*

1/8 cup of *coconut oil*

1 teaspoon *ground ginger*

1 teaspoon *ground cinnamon*

### **Bliss Balls**

15 *Medjool dates* (with seeds removed)

*zest and juice of one orange*

2 tablespoons *tahini*

3 tablespoons *coconut oil*

2 tablespoons *carob powder*

2 cups of *roasted almonds*

1/3 cup *shredded coconut* (for rolling)

## **Method:**

In a mixing bowl add all the seed mix ingredients and stir until well combined.

Place the seed mix onto a lined baking tray and place in the oven on low heat (120°C) for 40 minutes (check regularly to ensure it doesn't burn). Allow to cool.

Blend 1/3 of a cup to roll your bliss balls in. For the remainder you can use as a topping on salads, curries or cakes.

In a food processor blend all the bliss ball ingredients (except the shredded coconut) together until well combined.

Work the mixture into balls using your hands, having them slightly wet to prevent sticking.

Roll the balls into the spicy seed mix and the shredded coconut and store in the fridge until ready to eat. Enjoy!

**Gluten Free | Dairy Free | Refined Sugar Free | Vegan**