

Fruit & Nut, Bliss Balls



Food Fact:-

Packed full of goodness such as oats, nuts, dried fruit and honey, these bliss balls are a great healthy snack and are a great way to get kids to eat healthily.

Porridge is a good source of fibre and helps sustain energy levels.

Seeds are full of essential fats, magnesium, calcium, zinc and vitamin E - great for healthy skin and bones.

Preparation time 5 mins

Chilling time 15 mins

Makes approx 15 balls



Fruit & Nut, Bliss Balls

Ingredients

1. Put the seeds and dried fruit in a mixer, then add the oats.
2. Add the nut butter and honey and mix with a large spoon.
3. Add milk slowly as mixture does not want to be soggy.
4. Finally mix ingredients with your hands and form into balls, about the size of golf balls.
5. Put in fridge to harden for about 10-15 mins.

Chef's note: Anyone allergic to nuts should replace the nut butter with coconut butter.

Each ball is approximately 120 kcals and will keep for 3 days in the fridge.

250g porridge oats
125g dried fruit
(raisins, sultanas, apricots, dates and figs)
60g mixed seeds - pumpkin and sunflower
1tbsp nut butter, peanut, Brazil, almond or hazelnut
(hazelnut spread may need 2 tbsp as it isn't as thick as other nut butters)
1 tbsp of honey
100ml soya milk

