

freezer-friendly! ↘

# Beetroot bliss balls

PREP 0:25

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## Ingredients

- 1 cup dates (chopped)
- 1/4 cup beetroot (finely grated)
- 1/4 cup spinach (chopped, finely sliced)
- 1 1/4 cups almond meal
- 1 cup shredded coconut
- 2 tbs chia seeds
- 1/3 cup coconut sugar (\*optional)
- 1/2 cup shredded coconut (\*optional)

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POWERED BY *Whisk*

## Method

1

Place all ingredients into a high-speed food processor and process until smooth.

2

Roll into little balls and then roll the balls in the shredded coconut.

3

Place bliss balls in freezer and leave to set for 1 hour.