

# Lemon Bliss Balls



5 from 1 vote

*Looking for a healthy, no-bake treat? These coconut and lemon bliss balls make the perfect, healthy snack. Loaded with tangy lemon flavour and healthier ingredients like sunflower seeds, oats and coconut, they are a great afternoon pick-me-up or lunchbox filler. And you only need 5 minutes to make them!*

Prep Time	Cook Time	0 mins	Total Time
5 mins	0 mins		5 mins

Course: Snack   Cuisine: Australian   Servings: 20   Calories: 113kcal   Author: [Andrea Geddes](#)

## Ingredients

- 2 cups desiccated coconut
- 1 cup rolled oats or quick oats
- 1/3 cup sunflower seeds
- 2 teaspoons vanilla paste or extract
- 1/3 cup fresh lemon juice
- zest of two lemons
- 2 tablespoons coconut oil
- 3 tablespoons coconut milk
- 4 tablespoons maple syrup

## Instructions

1. Place all of the ingredients together in a food processor and blend until all of the ingredients come together. This may take 1-2 minutes and you may need to scrape down the sides once or twice.
2. Roll the mixture into balls (the mixture makes around 20 balls) and roll them in extra coconut (optional).
3. Chill in an airtight container in the fridge, or freeze in a container until required. Enjoy!

## Notes

1. A food processor, high-powered blender or Thermomix will blend the mixture more finely, but use what you have. Even coarsely blended mixture will still stick together.
2. **Scrape the sides** of the food processor down a few times while blending to ensure everything is broken down and completely combined.
3. The mixture should stick together, without being too sticky. If the mixture is too wet, you can add a few more oats. If it's too dry, add more maple syrup or coconut milk until you reach the desired consistency.
4. This recipe makes about 20 balls, but they can be easily made smaller or larger to suit your snacking preference.
5. Can't be bothered rolling balls? Press the mixture into a slice tin, set and cut into bars or bite-sized squares instead!
6. This **recipe can be easily multiplied** for easy snacking. Make a **double** or even a **triple batch** and keep them in the freezer.
7. **Add a tablespoon** of chia seeds, for extra fiber and good fats!

8. You can control the intensity of the lemon by adding the zest of either one or two lemons depending on your preference. Or, omit it entirely if you prefer a more subtle lemon flavour. For a stronger lemon flavour, add some extra zest or a few drops of lemon essence.
9. Store leftover bliss balls in an airtight container in the fridge for up to 7 days.
10. **Freezing;** Bliss balls can be frozen in an airtight container for up to 3 months. They can even be eaten straight from the freezer. Due to their small size, they will thaw very quickly and can be placed directly into lunchboxes from the freezer to be thawed by snack time.
11. Please note that the **nutrition information** is based on the mixture being rolled into 20 balls, with one ball being one serve. The nutritional information is an estimate only and does not take into account any additional toppings or sides served with the balls.
12. This recipe is made using **Australian cups and spoon measurements**. *Due to cup sizes varying from country to country, I advise adjusting if necessary.*
- 13.

## Nutrition

Calories: 113kcal | Carbohydrates: 8g | Protein: 2g | Fat: 9g | Saturated Fat: 7g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Sodium: 4mg | Potassium: 94mg | Fiber: 2g | Sugar: 3g | Vitamin A: 1IU | Vitamin C: 2mg | Calcium: 11mg | Iron: 1mg