



## Nut-free cacao and coconut bliss balls

1h 10m prep | makes 9 ★★★★★ 14



🔥 145 calories per serve

### 6 Ingredients

- 1 cup (90g) **rolled oats**
- 2 tbsp cacao powder or cocoa powder
- 12 pitted fresh dates
- 1 cup (80g) desiccated coconut
- 2 tbsp Coles Finest Maple Syrup
- 2 tbsp desiccated coconut, extra to coat

### 2 Method Steps

#### Step 1

Process rolled oats, cacao powder or cocoa powder, dates, desiccated coconut and maple syrup in a food processor until almost smooth and well combined.

#### Step 2

Place another 2 tablespoons desiccated coconut on a plate. Roll 2-tablespoons portions of mixture into balls. Roll in coconut to evenly coat. Place on a lined tray in the fridge for 1 hour or until set. Store in an airtight container in the fridge for up to 2 weeks.

## NUTRITIONAL INFORMATION

### NUTRITION PER SERVING

%Daily Value#

|             |                 |     |
|-------------|-----------------|-----|
| Energy      | 606 kj (145cal) | 7%  |
| Protein     | 2g              | 4%  |
| Total Fat   | 8g              | 11% |
| Saturated   | 6g              | 25% |
| Cholesterol | 0.0g            | -   |

|                    |     |     |
|--------------------|-----|-----|
| Carbohydrate Total | 15g | 5%  |
| Sugars             | 9g  | 10% |
| Dietary Fiber      | 4g  | 13% |
| Sodium             | 3mg | 0%  |

Nutrition information is calculated using an ingredient database and should be considered an estimate.

# The % daily values indicates how much of a nutrient in a food serving contributes to a daily diet, based on general nutritional advice for a diet of 2100 calories a day.