

THE LIFE AUDIT

RASPBERRY MUFFIN BLISS BALLS

MAKES 16 BLISS BALLS

INGREDIENTS

1 cup desiccated coconut
1 cup almond meal
8 medjool dates, pitted
1/2 cup frozen raspberries
1 tablespoon honey
1 tablespoon almond butter
1 teaspoon vanilla extract
pinch of salt

1/4 cup desiccated coconut to roll the balls in

METHOD

1. Place all of the ingredients into your processor and blend until the mixture resembles a sticky crumb.
2. Use slightly damp hands to roll a tablespoon of the mixture into a ball. Repeat with the remaining mixture. Roll the balls in the extra desiccated coconut and place in the fridge to set.