

Apple Pie Bliss Balls

Makes approx. 20 tsp size balls

Ingredients

- 1 large apple
- 1 ½ cup rolled oats
- 1 tsp cinnamon
- 8 dried medjool dates
- ¼ cup sultanas
- 2 tbs chia seeds

Instructions

1. Chop the apple, leaving the skin and blitz all the ingredients together until completely combined in food processor.
2. Pop the mixture into a bowl and place in the freezer to firm up. You don't want it frozen, just firm enough so you can roll them.
3. Roll into generous teaspoon sized balls and place in the fridge or freezer in an airtight container.



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