

They are super quick and easy to make, and keep in the fridge for weeks. They are the perfect mid afternoon pick me up, great for lunch boxes (see tip) or to take to Xmas parties for a sweet treat. Like all bliss balls they are nutrient and energy dense, so try to just eat one at a time!

Cranberry, coconut & pistachio bliss balls

Makes 20

prep 15 mins (+ 3 hours refrigeration time)

Dairy free

Gluten free

Vegan

40g (¼ cup) sunflower seeds

45g (⅓ cup) pistachio kernels

25g (⅓ cup) unsweetened shredded coconut, plus 35g (½ cup) extra, to roll

125g dried cranberries

100g sulfur free dried apricots or peaches

1 tbs fresh orange juice

2 teaspoons coconut oil

2 teaspoons chia seeds

1 Place sunflower seeds, pistachios and coconut in a food processor and process on high speed until finely chopped.

2 Add cranberries and apricots, process again until well combined. Add the orange juice, coconut oil and chia seeds. Process until mixture comes together.

3 Spread extra shredded coconut on a large plate. Roll mixture into 20 balls. Roll in shredded coconut to coat. Cover and place in the fridge for 3 hours or until just firm.

Nutrition per bliss ball

Cal: 74 (309kj)

Protein: 1.4g

Fat: 4.2g

Sat fat: 1.9g

Total carbs: 7.1g

Sugars: 6.6g

Fibre: 1.6g

Sodium: 2.8mg

Tip: bliss balls will keep for up to 1 month in an airtight container in the fridge.

Note: for a nut free (lunch box friendly) version, substitute pistachios with ⅓ cup pepitas.