

# Whitworths

## Coconut Bliss Balls



### INGREDIENTS

150g **Whitworths Ground Almonds**  
150g **Whitworths Stoned Sayer Dates**  
150g **Whitworths Little Jewel Cranberries**  
100g **Whitworths Desiccated Coconut**  
45g rolled porridge oats  
50g agave nectar syrup  
40g chia seeds

 Makes 20  Prep 15mins  30mins

### READY...STEADY...BAKE

- ♥ Place the almonds into a food processor and 'whizz' for approximately 8 minutes until the mixture forms a paste.
- ♥ Add the dates, cranberries, oats, chia seeds and agave syrup then 'whizz' for a further 1 minute or until the mixture comes together in a sticky dough.
- ♥ Divide the mixture into 20 (approximately 25g each) then roll into balls.
- ♥ Roll the balls in the desiccated coconut until evenly coated.
- ♥ Refrigerate for 30 minutes until firm.
- ♥ Delicious as a treat to combat those mid-afternoon energy dips.

for more recipes visit [www.whitworths.co.uk](http://www.whitworths.co.uk)

## Happy Baking!