

Wattle Seed Bliss Balls

Makes: 22 bliss balls
Prep: 20 mins
(+ 30 mins refrigeration)



Dietary:
V, VEG, DF, EF, NF
Allergens:
Wheat

Wattle Seed Bliss Balls



Nut-Free



Vegetarian



Egg-Free



Dairy-Free

Equipment

High-speed food processor

Ingredients

1 cup (110g) rolled oats
½ cup (70g) sunflower seeds (or pepitas)
¾ cup (50g) desiccated coconut (plus extra for rolling, if desired)
1 cup (250g) soft Medjool dates, pitted (about 10-12 dates)
1-2 tsp (2-4g) ground wattleseed
1 tbsp (8g) cacao or carob powder (optional)
1 tsp (5ml) vanilla extract
1-2 tbsp (20-40ml) water or coconut oil (if mixture needs moisture)

Method

1. If your Medjool dates are firm, soak them in warm water for 5 mins, then drain.
2. In a food processor, blitz oats and sunflower seeds until fine. Add desiccated coconut, wattleseed, and cacao/carob (if using). Pulse to combine.
3. Add in the dates and vanilla extract. Blend until the mixture is sticky and holds together when pressed. Add a splash of water or melted coconut oil only if needed to help it blend.
4. Roll tablespoons of the mixture into small balls. Coat in extra desiccated coconut if you like.
5. Refrigerate for 30 mins to firm up.

Storing Leftovers: Store in an airtight container in the fridge for up to 7 days or freeze for up to 4 months.

Tips

- ✓ **Allergies:**
For a gluten-free version: Swap oats for quinoa flakes.
- ✓ **Easy ingredient swaps:**
Swap sunflower seeds for pepitas or oats.