

# Green Bliss Balls

Makes: 35  
Prep: 15 mins

**Dietary:** VEG, V, DF, EF, NF  
**Allergens:** Wheat  
**Age group:** 8 months+

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# Green Bliss Balls

## Equipment

High-speed food processor

## Ingredients

- 1 large handful baby spinach (45g), rinsed
- 1 cup (280g) unsweetened applesauce
- 1 tsp (5ml) vanilla extract
- 6 Medjool dates (100g), pitted
- 2 cups (220g) oats (quick oats for smoother texture)
- ½ cup (75g) sunflower seed meal
- ½ cup (75g) pumpkin seed meal
- ½ cup (50g) desiccated coconut
- 1 tsp (3g) chia seeds
- ½ tsp (1g) ground cinnamon
  
- ½ cup (50g) desiccated coconut for rolling (optional)

## Method

1. If your dates are firm, soak them in hot water for 5 mins, then drain.
2. Place spinach, applesauce, vanilla extract and dates into a food processor. Blitz into a smooth texture.
3. Add oats, seed meals, desiccated coconut, chia seeds and cinnamon to the food processor. Blend until the mixture comes together and holds its shape.
4. Roll tablespoons of mixture into small bite-sized balls. Roll each ball in desiccated coconut if desired.
5. Place in the freezer for 30 mins to firm up before serving.
6. Enjoy!

**Storing Leftovers:** Store in an airtight container in the fridge for up to 3-4 days or freeze for up to 4 months.

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## Tips

- ✓ **Allergies:** For a gluten-free version: Swap oats with quinoa flakes.
- ✓ **Easy ingredient swaps:** Swap seeds/seed meal for seeds of choice.
- ✓ **Baby-friendly version:** Serve mashed or in finger food-sized pieces.
- ✓ **Prep Tips:** To save prep time, press bliss ball mixture evenly into a lined baking tray, sprinkle with coconut and chill in the freezer for 30 mins – 1 hour. Cut into small squares and enjoy!