

BLISS BALLS



Preparation: 10-15 mins **Mixing:** 5 mins
Rolling: 10 min **Yield:** 24 bliss balls (2 dozen)

A mix of your favorite dried fruits and nuts! A food processor is handy here to get the best texture.

Ingredients

Use organic ingredients when possible for more flavor and nutrition.

- **¾ cup** lightly toasted sesame seeds
- **4 large** medjool dates (soaked and peeled)
- **½ cup** raisins
- **1-1.5 cups** of nuts: walnuts, roasted cashews, blanched almonds and/or hazelnuts (a mix of 2-3 kinds gives a nice taste)
- **½ cup** of seeds: roasted pumpkin and/or sunflower seeds
- **2 large spoonfuls** of tahini or another nut butter (adds stickiness)
- **sprinkle** of ground cinnamon & cardamom for flavor (approx ¼ tsp)
- optional: spoonful of honey
- optional: 1 tsp rose water
- optional: soaked chia seeds
- oatmeal for dryness (if the mixture is a bit too sticky)
- dried coconut or more sesame seeds for rolling on the outside

First dry roast the sesame seeds until they are light golden brown, either on a pan on the stove or in the oven at a low temperature (about 300F). You will notice some oil emerging from the seeds but they should not be dark.

In a food processor, grind the sesame seeds, dates, raisins, nuts and other seeds together first. Gradually add the nut butter, spices and honey. Mix until it is well blended, not too sticky but holding together. This will take a few minutes. Add honey or oatmeal as needed to create a workable texture. Shape the mixture into small balls and if desired, roll in dried coconut or roasted sesame seeds for decoration.

STORE in an airtight container such as a glass jar. Keeps out of the fridge for a few days, but better to keep cool if storing them longer.