

BLISS BALLS

WITH LIME, GINGER, COCONUT AND CHILLI



QUICK

Less than 10 mins

HEALTHY

Almonds are a great source of vitamin E, which helps maintain healthy skin and eyes.

FAMILY

Makes about 20-25 balls

MEALS

These are a savoury/sweet healthier alternative to refined sugary snacks

INGREDIENTS

- 200g mixed nuts (I used 150g almonds, 50g cashews)
- 200g medjool dates:
- Zest of 3 limes
- Juice of 1 lime
- 25g desiccated coconut
- 20-25g ginger
- 4g red chilli

METHOD

- 1) Put the nuts into a food processor and blitz till the texture is halfway between breadcrumbs and flour (approx. 30 secs)
- 2) Remove the pips from the dates and add to the nut mixture
- 3) Blitz until like a sticky paste
- 4) Finely chop the chilli – removing all seeds
- 5) Peel then mince the ginger
- 6) Add the lime zest, juice, ginger and chilli to the mix
- 7) Pulse/Mix
- 8) TASTE IT – sometimes it needs more chilli, ginger or lime – It depends how strong the ingredients are and how you like the strength of each flavour!
- 9) Roll into smallish balls. I make 20
- 10) Put the desiccated coconut into a bowl and roll the balls till covered
- 11) Store them in the freezer till needed.



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com