



Pink Lady® bliss balls

Makes 15



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Ingredients:

- ♥ ¼ punnet (100g) Medjool dates, pitted and chopped
- ♥ 1 cup (250ml) oats, toasted
- ♥ 4 Pink Lady® apples, chopped
- ♥ 1 tsp (5ml) ground cinnamon
- ♥ ½ tsp (5ml) ground nutmeg
- ♥ Grated peel of 2 oranges
- ♥ ½ cup (125ml) peanut butter
- ♥ 3 Tbsp (45ml) Pink Lady® apple sauce
- ♥ Desiccated coconut, for rolling

Method:

1. Place all ingredients, except the coconut, in a food processor and blend until smooth.
2. Take tablespoons (15ml) of mixture and roll into balls.
3. Roll each ball in coconut and set aside.
4. Store in the fridge and use as a quick, on-the-go breakfast.

Pink Lady®

Make healthy living a part of your active lifestyle with Pink Lady® - naturally!

