

Our **15** Favourite BLISS BALL RECIPES

All simple to make at home

Suitable for adults & kids

Packed full of goodness



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the healthy Mummy

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Dear Healthy Mummies

If you love the idea of a fast, tasty snack that's sure to give you an energy boost, you're going to love our collection of bliss ball recipes.

Packed full of ingredients like nuts, oats and fresh or dried fruit, these tasty little treats will satisfy a sweet craving or give you enough oomph to get through a busy afternoon.

There's no need to spend your hard earned cash on commercially produced protein bars or balls when you can easily whip up your own.

Plus you'll know that they won't contain any additives or added sugar, which is a bonus when you are following a healthy eating plan.

We hope you agree that these recipes tick all the boxes – fast, fresh, tasty and wholesome.

Rhian

and The Healthy Mummy team



Our bliss ball recipes

Snacking is an important part of a healthy eating plan as it helps you regulate your blood sugar, it keeps your energy levels high, and it allows you to maintain a healthy metabolism.

When you're looking for a high protein snack to get you from one meal to the next, you can't go wrong with a homemade bliss ball.

You can customise them to your heart's content – in many of our recipes you can switch the nuts or dried fruit to suit your tastes and what you have on hand.

Grab one of these healthy bliss balls from the fridge or freezer when you need a sweet pick me up.

For all of these recipes, store balls in the fridge for up to 5 days or freeze for 3 weeks. They can be eaten straight from the freezer.



Nutty Quinoa Protein Balls

■ MAKES 12 BALLS ■ CALORIES PER BALL: 119

Ingredients

- 1/3 cup quinoa, rinsed
- 2/3 cup water
- 16 whole pitted dates
- 1/2 cup raw almonds
- 1/3 cup crunchy natural peanut butter
- 1/4 cup dark chocolate chips (optional)

Method

1. Place quinoa and water in a saucepan. Bring to the boil and simmer for 15 minutes until all of the water has been absorbed. Take off the heat and leave to sit in the fridge for at least 2 hours or overnight.
2. Place the dates in water to soak for 30 minutes. Once soft, place them in a blender with quinoa, almonds and peanut butter, and blend until smooth and creamy.
3. Fold in the dark chocolate chips. Roll the mixture into 12 balls and chill until firm.

DID YOU KNOW?
Quinoa is a seed, not a grain, so it is great for making gluten free goodies. Plus it's packed with protein to help keep you fuller for longer.



Banana & Oat Bliss Balls

■ MAKES 12 BALLS ■ CALORIES PER BALL: 64

Ingredients

- 1 medium banana
- 1/4 cup sultanas
- 1/2 cup dried apricots
- 2/3 cup rolled oats
- 2 tbsp desiccated coconut

Method

1. In a food processor pulse oats to a coarse flour.
2. Add sultanas, apricots and half the coconut and pulse until fruit is finely chopped.
3. Add banana and pulse until well combined.
4. Divide into 12 pieces, roll into balls and coat with remaining coconut.
5. 2 balls make 1 serve.



Lemon Bliss Balls

■ MAKES 20 BALLS ■ CALORIES PER BALL: 103

Ingredients

- 1 cup dates (soaked for 15min)
- 1 cup of almonds
- 1/2 cup desiccated coconut, plus extra for rolling
- Juice of 1 large lemon
- 2 Weet Bix, crushed

Method

1. Blend almonds and coconut until almost paste form, remove and place in bowl
2. Blend dates and lemon juice until smooth, add to the almond mixture and stir to combine.
3. Add the Weet Bix and mix together.
4. Roll into 20 balls and then coat with coconut



Coconut Date Balls

■ MAKES 12 BALLS ■ CALORIES PER BALL: 34

Ingredients

- 12 pitted dates, chopped
- 3 tbsp hot water
- 6 tbsp desiccated coconut

Method

1. Place dates in a small shallow dish and pour over the hot water.
2. Allow the dates to soak up some of the water for around 15 minutes.
3. Meanwhile sprinkle your coconut over a large tray or plate.
4. Place the soaked dates into a food processor and blend until smooth.
5. Roll the date mix into balls and roll in the coconut.
6. Pop the date balls onto a tray and firm up in the fridge for an hour.

DID YOU KNOW?
Coconut can help reduce your cravings for sweet things, so include it in your healthy eating plan.



Coco-Vanilla Protein Balls

■ MAKES 25 BALLS ■ CALORIES PER BALL: 122

Ingredients

- 1 cup almonds
- 1 cup cashews
- A large pinch of cinnamon
- 2 tbsp coconut flour
- 2 tbsp coconut oil
- 1 tbsp honey
- 1/4 tsp vanilla extract
- 2 cups shredded coconut

Method

1. Put the nuts and one and a half cups of shredded coconut into a blender and blend until the nuts are fine and the mix combined.
2. Transfer the nut and coconut mix into a large bowl and fold through the coconut flour, coconut oil, honey, cinnamon and vanilla extract.
3. Take a small handful of the mixture and roll into a ball.
4. Spread the extra shredded coconut out onto a chopping board or baking paper, and roll the balls in the coconut.
5. Arrange the balls on a baking tray and place in the fridge or freezer for an hour.

DID YOU KNOW?
Coconut flour is a great
gluten free option for
cooking sweet treats.



Apricot & Almond Balls

■ MAKES 16 BALLS ■ CALORIES PER BALL: 107

Ingredients

- 1 1/2 cups almond meal
- 1/2 cup dried apricots
- 2 1/2 tbsp orange juice
- 1 cup desiccated coconut

Method

1. Blend almond meal and apricots until fruit is finely diced.
2. Add orange juice a tablespoon at a time until the mixture sticks together but is not too wet, you may not need all the juice.
3. Roll tablespoons of the mixture into approximately 16 balls and then roll in desiccated coconut and store in the fridge.



Lemon & Coconut Bliss Balls

■ MAKES 15 BALLS ■ CALORIES PER BALL: 133

Ingredients

- 2 cups shredded coconut plus extra for rolling
- 1/2 cup almonds
- 2-3 tbsp honey, maple syrup or rice malt syrup (to taste)
- 2 tbsp coconut oil
- Zest and juice of 1 lemon

Method

1. Place all ingredients into the food processor and blend for 1 minute.
2. Roll into small balls around the size of a 10c piece.
3. Roll each ball in the extra coconut.
4. Place on a lined tray and chill in the fridge until firm.



Apple Pie Bites

■ MAKES 16 BALLS ■ CALORIES PER BALL: 88

Ingredients

- 3/4 cup walnuts
- 1 1/2 cups chopped dried apple
- 3 Medjool dates, fresh
- 1/4 tsp ground nutmeg
- 1/2 tsp cinnamon
- 1 tbsp boiling water

Method

1. Remove pits from dates.
2. Drizzle the boiling water over the dried apple pieces, stir once and set aside for 5 minutes.
3. Pulse walnuts in a blender or food processor to a fine meal. Add dates and spices and pulse to combine. Add apple pieces and any remaining soaking liquid and pulse until mixture sticks together.
4. Divide into 16 pieces and roll into balls, dust with extra cinnamon if desired. Two balls is one serve.



Lactation Cookie Balls

■ MAKES 20 BALLS ■ CALORIES PER BALL: 54

Ingredients

- 1/2 cup of whole rolled oats
- 1/4 cup almonds, cashews or walnuts
- 3 tbsp LSA (linseed, sunflower & almond meal)
- 1/2 tsp cinnamon
- 2 tbsp brewer's yeast
- 1/3 cup dried dates, chopped
- 2 tbsp water
- 1 tbsp honey, rice malt syrup or maple syrup
- 4 tbsp desiccated coconut, for rolling

Method

1. Process the oats, nuts, LSA, cinnamon and brewer's yeast until it turns into a powder in a food processor.
2. Now add the dates, water and honey and blend again until it forms a cookie dough.
3. Using slightly damp hands, roll small balls of dough and then roll in the coconut.
4. Place on a plate and chill in the fridge for an hour.

DID YOU KNOW?
Brewer's yeast is said to help boost your milk supply while breastfeeding. It's available from most health food stores.



Strawberry Nut Balls

■ MAKES 10 BALLS ■ CALORIES PER BALL: 70

Ingredients

- 1 1/4 tbsp orange juice
- 3 tsp coconut oil, melted
- 1/3 cup cashew nuts, unsalted
- 2 tbsp rolled oats
- 4 pitted, dried dates
- 1 1/2 tbsp dried strawberries

Method

1. In a food processor blitz cashews to fine crumbs. Add the juice and oil and pulse to combine, then add the dates and strawberries and pulse until a paste begins to form.
2. Add the oats and blend until well mixed. Adjust quantities of oats or juice if you need to get a good consistency.
3. Roll tablespoonfuls of mixture into 10 balls.
4. Refrigerate balls until firm. 2 balls is 1 serve.



Salted Chocolate Coconut Balls

■ MAKES 18 BALLS ■ CALORIES PER BALL: 46

Ingredients

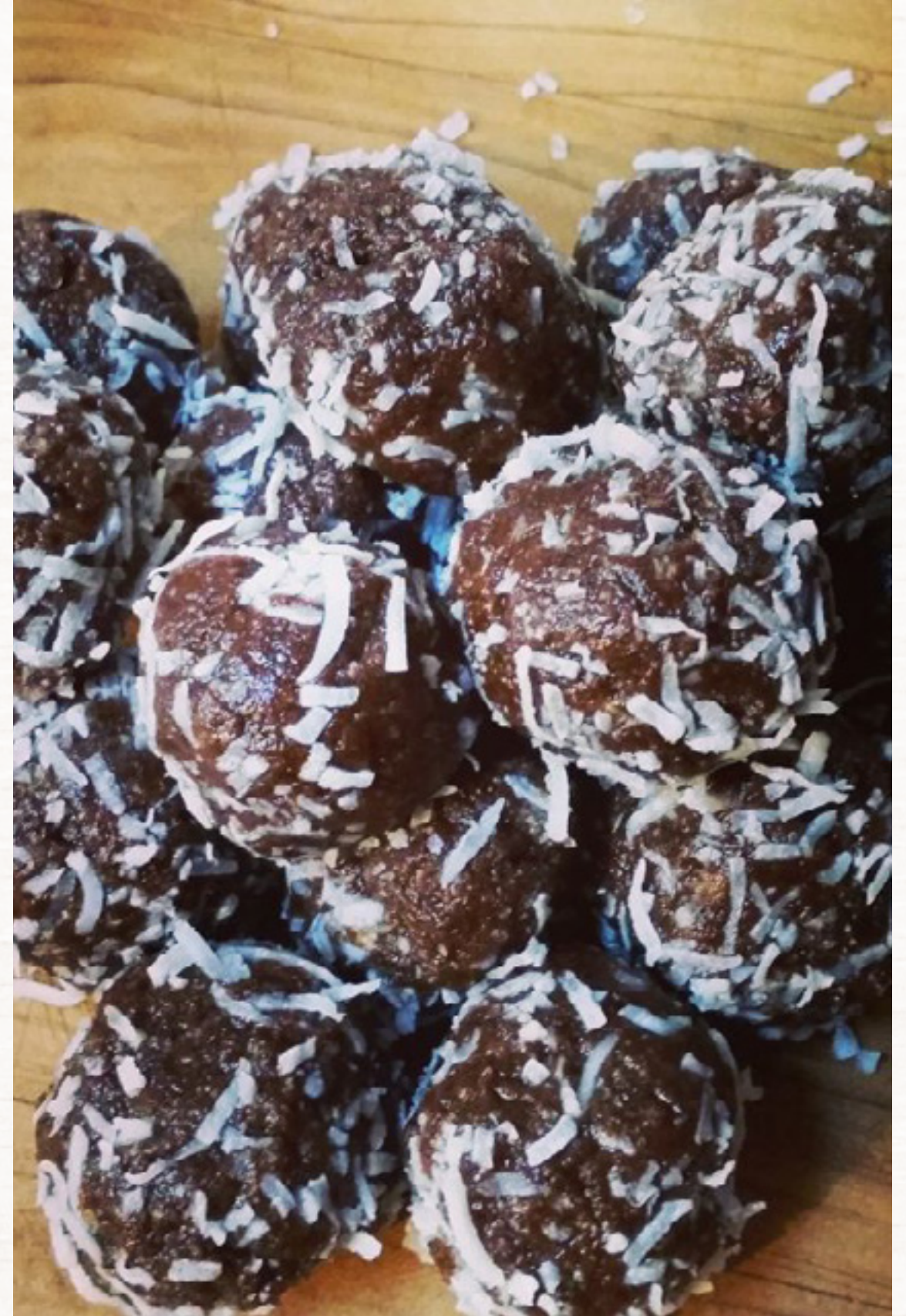
- 2 tsp melted coconut oil
- 2 tbsp tahini
- 1 tbsp peanut butter
- 1 tbsp Chocolate Healthy Mummy Smoothie Mix
- 1 tbsp almond meal
- 10 pitted Medjool dates, fresh
- 1 tbsp cacao/cocoa powder
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1/4 cup desiccated coconut

Method

1. Place all ingredients, excluding desiccated coconut, into a food processor and blitz until well combined.
2. Roll mixture into 18 balls and coat in coconut.

DID YOU KNOW?

Tahini is a paste made from sesame seeds, so it's a great nut-free spread to use in your cooking. It's also packed with B vitamins, vitamin E and calcium.



Cookie Dough Bliss Balls

■ MAKES 12 BALLS ■ CALORIES PER BALL: 109

Ingredients

- 1 cup plain wholemeal flour
- 3 tbsp rolled oats
- 1/4 tsp vanilla extract
- 2 tbsp maple syrup
- 2 tbsp reduced-fat milk of choice
- 2 tbsp melted coconut oil
- 3 tbsp dark chocolate bits

Method

1. Add all ingredients to a mixing bowl and mix well until it becomes doughy. If mixture is too dry, add a little extra milk.
2. Roll into smooth balls, approximately tablespoon-sized. You should be able to make approximately 12 balls with this recipe.
3. 1 serve is 2 balls.



5 Ingredient Date Balls

■ MAKES 30 BALLS ■ CALORIES PER BALL: 64

Ingredients

- 1 cup pitted, dried dates
- 1 cup LSA (linseed, sunflower & almond meal)
- 1/4 cup cacao/cocoa powder
- 2 tbsp coconut oil
- Desiccated coconut for rolling

Method

1. Combine pitted dates, LSA and cacao/cocoa powder together in a blender until well combined.
2. Roll tablespoonfuls (approximately) of the mixture into 30 balls.
3. Dip balls into melted coconut oil when formed and then roll in unsweetened desiccated coconut.
4. Two balls make up one serve.



Chocolate Bliss Balls

■ MAKES 10 BALLS ■ CALORIES PER BALL: 106

Ingredients

- 1/2 cup almonds
- 1/2 cup pitted, dried dates
- 2 tbsp cacao/cocoa powder
- 1 tbsp coconut oil, melted
- 1/2 tbsp chia seeds
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon
- 1 tbsp desiccated coconut

Method

1. Place nuts in a food processor and blend until ground well.
2. Add dates, cocoa, coconut oil, chia seeds, vanilla and cinnamon and blend until well combined. If you need to adjust quantities of ingredients to reach a consistency that's easy to roll into balls, then do so.
3. Roll mixture into approximately 10 bite sized balls and roll in desiccated coconut.
4. Refrigerate to firm up a little.



Cacao Truffle Balls

■ MAKES 24 BALLS ■ CALORIES PER BALL: 121

Ingredients

- 1/3 cup purple skinned sweet potato puree (see method)
- 15 Medjool dates, pitted
- 1 1/2 cups walnuts
- 1/2 cup cacao or cocoa
- 1 tsp cinnamon
- 1 tbsp chia seeds
- 1 tbsp coconut oil
- 1/2 cup raw, unsweetened, shredded coconut

Method

1. Heat oven to 250C and bake the sweet potato for 1 hour or until soft when pierced with a fork. Allow to cool, then scoop out flesh from the skin (discard skin). Puree flesh in food processor.
2. Chop 1/4 cup of walnuts roughly and set aside. In food processor grind remaining walnuts until fine, then add dates and mashed sweet potato. Blend until mixture sticks together.
3. Add cacao, chia seeds and cinnamon and blend until incorporated. Add coconut oil.
4. Remove from food processor and fold in chopped walnuts evenly.
5. Roll teaspoon sized amounts into balls and roll in shredded coconut.
6. Place on tray and refrigerate until set.



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Good luck on your healthy
lifestyle journey!

Rhian

& The Healthy Mummy Team x