

MAKES
12-16 BALLS

- ▶ GF
- ▶ VEGAN
- ▶ VEG



HOLIDAY RECIPES

ENERGY BLISS BALLS

Ingredients

- 1 cup almonds
- 160g dried dates
- 1/3 cup currants
- 1/3 cup raisins
- 1 tsp mixed spice
- 1/2 tsp ground cinnamon
- 1/4 tsp cloves
- 1/4 tsp ground ginger

Method

1. Boil your kettle. Put the dried dates in a bowl and cover with boiling water. Leave to soak and soften for 10 minutes. Drain the water.
2. Place all of the ingredients including the soaked dates into a blender or food processor and blend at high speed until the mixture resembles a fine, sticky crumb. Firmly press and shape the mixture into balls. Place in the fridge to set.
3. Eat and enjoy.