

# Bliss Balls

## Serves #

## Ingredients:

### Balls:

1 cup walnuts  
1/2 cup oats—gluten free  
1-1/2 cups dates  
2 Tablespoons carob powder or cocoa  
Dash of salt and vanilla, if desired

### Coatings:

Coconut flakes  
Carob powder  
Chia seeds

## Directions:

To make the balls: process the walnuts, oats and carob in your food processor until they become a rough flour. Add the rest of the ingredients and process until it sticks together. If it is still too crumbly or dry, add 1 Tablespoon of liquid coconut oil or a few more dates. Press the mix into balls with your hands. Roll in the coatings.