



Bliss Balls

AMBER

Makes 20-25 balls

Ingredients

- 150 g dried apricots
- 100 g sultanas
- 1 cup apple juice
- 8 Weet-Bix
- 1/4 cup honey
- 1 cup desiccated coconut to coat

Method

- Place apricots, sultanas and juice in a small saucepan and simmer until apricots have softened. Set aside to cool.
- Process Weet-Bix in a food processor until finely crushed.
- Add the apricot mixture and the honey and process until combined.
- Roll mixture into small balls and roll in coconut.

Notes

The kids love getting their hands dirty and rolling the balls in the coconut. Any dried fruit can be used and you can use orange juice instead of apple juice.