

BLISS BALLS

BLISS BALLS

1 cup	Desiccated Coconut
1 cup	Raisins
1 cup	Dates
2 Tbsp	Honey
1 cup	Apricots
400g	Ricotta



Place all ingredients in a whizz except the coconut. Roll into small balls and roll in coconut. A great healthy protein & carb packed snack for morning or afternoon tea, or for the lunchbox. Enjoy !