

FIONA TUCK

NUTRITION WELLNESS YOGA



Nut Free Infinity Bliss Balls

Ingredients:

1 cup of chopped pitted prunes
2 cups of quick oats
½ cup of desiccated coconut
¼ cup of ground flax seeds
2 tablespoons cacao powder
2 tablespoons of Vita-sol Infinity Wholefood Powder
2 tablespoons of unhulled tahini
2 teaspoons of vanilla
¼ cup of warm water
1 tablespoon of chia seeds
Sweetener of choice e.g. stevia, honey, rice malt syrup (we used 5 drops of liquid stevia)

To decorate:
¼ cup of desiccated coconut
1 teaspoon of Infinity powder

Prep: 10 mins

Cook: 0 mins

Serves: 10 balls

Directions:

1. Add the vanilla and chia seeds to ¼ cup of warm water and set aside.
 2. Place the oats, coconut, flax, cacao, Infinity powder, tahini and sweetener and blend until almost smooth. Add the water and chia mix and blend again until all the ingredients are well combined. The mix needs to be moist enough to roll into balls. Add an extra tablespoon of water if required.
 3. Roll into 10 balls.
 4. Mix together the spare coconut and Infinity powder until well combined.
 5. Roll each ball in the coconut mix and place in the fridge to firm.
 6. Store refrigerated in an air tight container for up to 10 days.
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