

Sweet Potato and Chocolate Bliss Balls

Ingredients:

120gms sweet potato, peeled, chopped and steamed

½ cup dates

1/3 cup coconut oil, melted

1/3 cup cocoa powder

1 teaspoon cinnamon

1 ½ cups mixed nuts and seeds

1 cup desiccated coconut

Method:

- Blend nuts and seeds in food processor until its nearly smooth. Place into a bowl and set aside.
- Add in remaining ingredients to food processor and blend until smooth.
- Place nut and seed mix back into food processor and mix until combined.
- Scoop tablespoons of mixture out, roll them into balls and then roll them in coconut. Place on to a tray and let them set in the fridge before serving onto 4 plates.