

Chocolate Bliss Bites

Makes about 24 balls

Let's make a yummy, healthy, and chocolatey snack! Ask a grown-up to help you with the food processor and the hot water.

Equipment You'll Need

- Food processor (with S-blade)
- Measuring cups and spoons
- Spoon or small scoop
- Chopping board (for rolling)
- Bowl for soaking dates
- Colander

Ingredients

- 150 grams large, dried dates, soaked in hot water
- 1 cup rolled oats
- ¼ cup pumpkin seeds
- ¼ cup sunflower seeds
- ¼ cup cocoa powder
- 1 teaspoon vanilla extract
- 1 teaspoon wattle seed
- 1 tablespoon maple syrup
- Coconut, for coating the bliss bites



1. **Get Ready**

- Wash your hands.
- Gather all your ingredients and equipment.

2. **Soak the Dates**

- Put the pitted dates in a bowl.
- Cover them with hot water.
- Let them soak for **5–10 minutes** to soften.
- Drain the water well before using.

3. **Mix Everything**

- Put the soaked and drained dates, oats, pepitas, sunflower seeds, cocoa powder, and vanilla extract into the food processor.

4. **Process**

- Put the lid on the food processor.
- Ask a grown-up to help you with this step.
- Blend everything together on high for a few minutes, until the mixture is sticky and starts to form a ball in the food processor.

5. **Roll into Balls**

- Use a spoon to scoop out a tablespoon of mixture.
- Roll the mixture into a ball with your hands.
- Repeat for all the mixture.

6. **Store**

- Put your bliss bites in an airtight container.
- Keep them in the fridge for up to a week or ask a grown-up to help you freeze them for up to three months.

Easy Variations

- **Orange Choc:** Stir in ½ teaspoon orange zest for a choc-orange twist.
- **Extra Crunchy:** Add 1 tablespoon of chia seeds for a crunchy bite.
- **Choc Mint:** Mix in a few drops of peppermint extract to make chocolate mint bites.

Enjoy your Nut Free Chocolate Bliss Bites as a tasty lunchbox snack or a healthy treat!