

Simple and Delicious Apricot Bliss Balls

Let's make a yummy and healthy snack! Follow these easy steps. Get a grown-up to help you with any tricky parts.

Equipment You'll Need

- Food processor (with S-blade)
- Measuring cups and spoons
- A spoon or small scoop
- Mixing bowl (optional)
- Grater or zester (for orange zest)
- Airtight container
- Plate (for rolling in coconut)

Ingredients

- 150g dried apricots (about 1 cup, chopped)
- ½ cup rolled oats
- ½ cup desiccated coconut (plus extra for rolling)
- ¼ cup pepitas (pumpkin seeds)
- ¼ cup sunflower seeds
- 1 tablespoon orange juice
- 1 teaspoon orange zest
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon



1. **Get Ready**

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

2. **Mix It Up**

- Place the dried apricots, oats, ½ cup coconut, pepitas, sunflower seeds, orange juice, orange zest, vanilla, and cinnamon into the food processor.

3. **Process**

- Put the lid on the food processor.
- Ask a grown-up to help you use it. Blend the mixture for about 1–2 minutes, until everything is mixed together and looks sticky.

4. **Roll Balls**

- Use a spoon to take a tablespoon of the mixture.
- Roll the mixture into a ball with your hands.
- Repeat until you use up all the mixture.

5. **Roll in Coconut**

- Pour some extra desiccated coconut onto a plate.
- Roll each ball in the coconut so it's covered all over.

6. **Store**

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

Easy Variations

- **Berry Bliss:** Add 1 tablespoon of dried berries (like blueberries or goji) for a fruity twist.
- **Make it Sweeter:** Add 1 teaspoon honey or maple syrup if you like it sweeter (ask a grown-up first).

Enjoy your apricot bliss balls as a lunch box treat or a healthy snack!