

APRICOT & OAT BLISS BALLS

1 cup dried apricots

¾ cup oats

¼ cup desiccated coconut

1 ½ tablespoons of coconut oil



Place the apricots, oats, coconut and coconut oil into the food processor and blitz until the mixture comes together.

If needed, add a splash of water until the mixture is wet enough to shape into balls.

Take heaped teaspoons of the mixture and shape into balls and roll in coconut until coated.