Homemade bliss balls

These easy, no-bake homemade bliss balls are perfect for lunch boxes or an after school snack. We're talking super healthy and super delicious.

prep: 0:10 | cook 0:10



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ingredients

* 1 1/2 cups pitted dates
* 1/4 cup sunflower seeds
* 2 tbsp coconut oil
* 3 tbsp chia seeds
* 2 tbsp dark cocoa powder
* 1 tsp vanilla extract
* 1/2 cup (45g) desiccated coconut, for rolling

Method:

Mix them together!!!