



Nut Free Honey Bliss Balls

EASY • 10 MINS

Listen up lunchbox adventurers, these aren't your run-of-the-mill bliss balls! One bite into these and you'll float away to a world of creamy choc-caramel goodness without the guilt. And they're nut-free to boot, winning!



SKILL LEVEL
Easy

PREP TIME
10 mins

SERVINGS
12

Ingredients

- 1 cup rolled oats

Method

1. Combine rolled oats, honey, cocoa powder, dates, tahini and 1 cup coconut in a food processor and blend until smooth and well combined.

Visit capilano.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilano](#) on Instagram or Facebook and you could be featured on our page!



- 90g (¼ cup) Capilano Organic Raw Honey
- 2 tsp cocoa powder, sifted
- 10 pitted dates
- 1 tablespoon tahini
- ½ cup desiccated coconut + 2 tablespoons to coat

Method

2. Place another 2 tablespoons desiccated coconut on a plate. Roll 1-tablespoon portions of mixture into balls. Roll in coconut to evenly coat. Place on a lined tray in the fridge for 1 hour or until set.

Used in this recipe



ORGANIC RAW HONEY

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste

Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic

This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

Visit capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilanothoney](#) on Instagram or Facebook and you could be featured on our page!