



Kūmara bliss balls

Try these for a tasty morning tea treat or for dessert.



Time to prepare: 10 minutes



Time to cook: 0 minutes



Serves 12



Suitable for vegetarians

Ingredients

- 1 cup dates (or other dried fruit like raisins)
- 1 cup peanuts
- 1/4 cup cocoa powder
- 1 cup shredded coconut (plus extra for rolling in)

- 1 cup orange kūmara, peeled, diced and boiled until soft
- zest of 1 orange
- 1 tablespoon orange juice
- 1 teaspoon dried ginger or cinnamon

Method

1. Put all ingredients into a food processor.
2. Blitz until combined (pushing the mixture down occasionally if it sticks).
3. Using a tablespoon, roll the mixture into small balls.
4. Roll balls in coconut to coat.
5. Chill in the fridge for at least half an hour before eating.

Notes

These little treats store well in the fridge in a container or try freezing them and use them as required.

You might also like...



Bran, honey and banana muffins

These muffins are perfect for quick fuel before sport or as breakfast on-the-go. Make ahead of time so you can run out the door fast. You can double the recipe and freeze some.

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Wholemeal ham and cheese muffins

These tasty muffins are great for the [lunchbox](https://www.eatthis.org/) or as a healthy snack.

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