

Cherry Chocolate Chip Bliss Balls

Ingredients:

- 1 cup rolled oats
- 12 dates, pitted (1/2 cup)
- 1/4 cup slivered almonds
- 1/4 cup dark chocolate chips
- 16 dried cherries (1 oz.)
- 1 tsp. pure vanilla extract
- 1/4 tsp. sea salt



Servings: 12



*SOY FREE

Instructions:

1. Preheat oven to 375°F.
2. Line a baking sheet with parchment paper.
3. Combine all the ingredients in a food processor and pulse until coarsely chopped and the mixture starts to bind.
4. Add 1-2 Tbsp. of water, if needed, to help bind the ingredients.
5. For each bliss ball, scoop 1 tablespoon of the mixture, gently roll into a ball. And place on the prepared baking sheet.
6. Be careful not to compact the balls. Bake for 20 minutes.
7. Transfer to a wire rack and let cool. Makes 12 bliss balls. Serving size: 2 balls.

Nutrition Facts

12 servings per container	
Serving size	2 balls (31g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 2mg	10%
Potassium 116mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.