

NUT FREE BLISS BALL



Supermarket bought bliss balls are generally full of preservatives and refined sugar. Or where not with refined sugar still over 50% sugar with the high level of dried fruits. You can make bliss balls that are higher in fat and lower in sugar which is my preference but these are generally not so great in the lunchbox as they tend to melt. They do best kept in the freezer and used for home treats. So the trick is working out the lower level of sugar that works and yet still holds the balls together for a lunchbox.

These bliss balls are quite basic, they're quick to make and not crazy high in sugar. They also store well in the fridge or freezer but they also work well in the lunchbox as they don't have coconut oil to melt.

There are loads of variations possible with bliss balls including making them into bars instead of balls. Let me know what you try and how you find them!

RECIPE:

