

THE BEST SALTED CARAMEL BLISS BALLS

O.M.G. These Salted Caramel Bliss Balls really are The Best. Just EXACTLY the right balance of salt and sweet, these are simply divine. My favourites and it seems yours too, this is the most popular recipe on the blog. Thank you to my friend and best ball creator Heidi from The Raw Treat Canteen for this delicious recipe.

INGREDIENTS

1 cup medjool dates (pitted)
1 cup pecans
½ cup desiccated coconut
1 teaspoon pure vanilla extract or
vanilla bean paste
1 teaspoon Pink Himalayan
Rock Salt
More coconut for rolling

METHOD

Process all the ingredients in your processor. The ingredients will first form a crumb-like mixture and then, as the natural oils are released, it turns 'wetter' so that you can roll balls from it.

In my food processor, it took around 2 minutes. I like to keep a bit of texture in the balls, so don't over-process unless you prefer super-smooth.

Then shape into balls using your palms, roll in the extra desiccated coconut and pop in the fridge to set a little and keep them there to store. Too easy. These quantities make about 10 balls.



PHOTO CREDIT: @BRITTHARRIS

TRAINING FOR CHOCOLATE

For more yummy, healthy treats keep your eye on [trainingforchocolate.com](https://www.trainingforchocolate.com)