

Chocolate and date bliss balls

Serves 6 or 30 tastes in the classroom prep: 0:15 minutes refrigerate: 0:20 minutes

Ingredients	Equipment
<ul style="list-style-type: none">• 1 packet milk arrowroot biscuits• 1 1/4 cups of dates• 1 tablespoon cocoa powder• 1 can sweetened condensed milk• 1/3 cup choc chips• 1 cup of desiccated coconut <hr/> <p>* Optional extra: chopped almonds</p>	<ul style="list-style-type: none">• large, medium and small mixing bowls• measuring cups• measuring spoons• mixing spoon• spatula• rolling pin and medium bowl or food processor

Method

1. Carefully chop the dates into small pieces. Add to the large mixing bowl.
2. To turn the biscuits into crumbs, empty the whole packet into a medium sized mixing bowl and gently crush the biscuits with the end of a rolling pin. Alternatively, you could use a food processor to crush the biscuits.
3. Add the biscuit crumbs to the dates and then add the cocoa.
4. Roughly chop the chocolate chips and add to the biscuit mix. Stir to combine.
5. Pour the sweetened condensed milk into the biscuit mix and use a spatula to scrape any excess from the can. Mix well
6. Put the coconut into the small mixing bowl and put to the side.
7. Spoon approximately 1 tablespoon of mixture into your hand and roll it between your hands to form a ball. Roll the ball in the coconut and place on a plate. Repeat until all of the mixture is gone.
8. Refrigerate the bliss balls to allow them to harden before serving.

Notes:

A variety of different ingredient combinations can be used for this recipe. The dates could be substituted for apricots, cranberries, sultanas or any dried fruit. The chocolate and cocoa can be taken out of the recipe and replaced with chopped nuts or alternatively use a combination of white, milk or dark chocolate. For a super healthy option replace the condensed milk with a nut butter or coconut oil. This is one of those recipes that you can have fun experimenting with.