



Low FODMAP Bliss Balls

Ingredients

- 1 cup pepitas (I activate mine first)
- 2 cup coconut flakes or shredded coconut
- 1/2 cup hulled tahini
- 6 tbsp raw cacao
- 4 tbsp raw rice malt syrup (add more or less to satisfy your tastes).
- 6 tbsp coconut oil
- good pinch of salt

Directions

- Blitz all of the ingredients in a food processor until well combined.
- Test the mixture by pressing a small amount together to check that it sticks and add more tahini, coconut butter or coconut oil if needed.
- Taste for sweetness and add more honey if needed.
- Roll into balls.
- I like to coat these in Crio Bru but you could leave them plain or use desiccated coconut or cacao if you prefer.
- Store in the fridge or freezer. I like to eat them straight from the freezer.