

Bliss Balls

Ingredients

- 1 cup of pitted dates—chopped
- 1/4 cup cocoa powder
- 1/2 tsp vanilla essence
- 1/3 cup desiccated coconut (plus extra to roll in)
- 1 tbsp hot water

Method

1. Put all ingredients in food processor.
2. Process until well combined.
3. Roll into balls then roll in more coconut.
4. Refrigerate and enjoy!

You could add plenty of other things such as chia seeds, sunflower seeds, crushed nuts, chopped dried apricot or apple, dried cranberries etc!

These should last for up to a week if kept in an air tight container in the fridge.



'Sushi' Wraps

Ingredients

- Wraps
- Hummus or mayo
- Your choice of meat—ham, chicken, tuna.
- Your choice of salads—egg, lettuce, grated carrot, spinach, cheese etc.

Method

1. Spread your wrap with hummus.
2. Put on your meat and salad fillings—not too thick!
3. Roll up carefully into one long roll.
4. Slice into 'sushi' style slices!

You can make these the night before and pop in the fridge ready for lunchboxes in the morning. Not suitable to freeze.