Snack balls

Snack balls, often called bliss balls, are fairly easy to come by. However, ready-made balls are expensive! Make them at home and you have a simple, comparably affordable, and nutritious snack to keep you going.



I have posted two recipes for this type of thing previously, which you can read via these links (date-free balls and low FODMAP power balls). They are focused on low FODMAP, date-free ingredients.

Today I have for you one nutty chocolate recipe, and one for crunchy, date balls.

Nutty choc balls

Ingredients:

2/3 cup almond meal
2/3 cup hazelnut meal
1 teaspoon ground cinnamon
2 tablespoons cacao
1/2 teaspoon ground ginger
1 cup almond butter
3/4 teaspoon vanilla extract
6 tablespoons maple syrup
Optional toppings:
Brown or coconut sugar combined with cinnamon, crushed hazelnuts or almonds – or other nuts of choice, cacao, and/or desiccated coconut

Method:

1. Add all the ingredients into a large bowl (apart from the optional coatings)
2. Mix the ingredients together and stir until well combined and smooth

3. Taste test, and adjust until you get your preferred taste and a thick consistency – not runny but not dry
4. Scoop out a desired amount and roll into a ball between your palms. If the mix is too soft and sticky to roll, pop in the fridge for 10-15 mins until it becomes firmer. Repeat until all the mixture is used up
5. Lightly roll the balls in your choice of topping, or leave as is
6. Keep in a sealed container in the fridge

Crunchy date balls

Ingredients:

1 cup dates
2 tablespoons desiccated coconut
1 teaspoon vanilla extract
3 tablespoons hazelnut meal
3 tablespoons almond meal
2 tablespoons maple syrup
2 tablespoons sunflower/nut butter
200g chocolate (I used Lindt 70% dark chocolate)
1/4 cup buckwheat groats/ crushed nuts

Method:

1. Soak dates in water for half an hour
2. Drain the dates and add to a food processor along with vanilla, nut meal, sunflower/nut butter and maple syrup
3. Stir in coconut
4. Scoop out a desired amount and roll into a ball between your palms. If the mix is too soft and sticky to roll, pop in the fridge for 10-15 mins until it becomes firmer. Repeat until all the mixture is used up
5. Put in fridge until firm
6. Melt chocolate
7. Dip balls in chocolate and sprinkle with buckwheat groats or crushed nuts

8. Place on a plate lined with baking paper
9. Refrigerate or freeze until set

Happy rolling (and eating)!