

# RASPBERRY AND LIME BLISS BALLS



## QUICK

Less  
than 15  
mins

## HEALTHY

Almonds are a great source of vitamin E, which helps maintain healthy skin and eyes.

## FAMILY

Makes  
about 22  
balls

## MEALS

To make these balls, you NEED the dates and nuts. Everything else is up to you e.g. swap lime for lemon or orange zest BUT the RASPBERRY POWDER is AMAZING. I get mine from Spice Mountain in Borough Market

## INGREDIENTS

- 100g mixed nuts (I used 50g almonds, 25g cashews, 25g hazelnuts)
- 120g medjool dates:  
Note - If you use different dates you will need a lot more

## OPTIONAL

- Zest of 2 limes
- Freeze dried raspberries
- 2 heaped tbs Raspberry powder
- Alternative powders – cacao, desiccated coconut, cacao nibs,

## METHOD

1. Put the nuts into a food processor and blitz till the texture is halfway between breadcrumbs and flour (approx. 30 secs)
2. Remove the pips from the dates and add to the nut mixture
3. Blitz until like a sticky paste, you may need to add more dates
4. **Optional** – add the lime zest and freeze dried raspberry pieces
5. Mix
6. Roll into smallish balls. I make 22
7. Put the raspberry powder into a bowl and roll the balls till covered with raspberry powder
8. Store them in the freezer till needed.



@quickhealthyfamilymeals



To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)