

Blueberry bombs



2 tbsps dark chocolate
(minimum 70% cocoa)
1 tsp vanilla extract
3 tbsps acacia honey
4 tbsps crunchy peanut butter
(no added sugar)
100g porridge oats (use
gluten free oats if preferred)
50ml unsweetened coconut milk
3 tbsps mixed seeds (e.g. flaxseed,
sesame seeds, sunflower seeds)
80g pitted prunes
2 tbsps organic desiccated coconut
75g blueberries

MAKES 15 SERVINGS

Put the chocolate in a heatproof bowl.
Pour several inches of boiling water into
a shallow wide based dish. Place over a
gentle heat and allow the water to simmer
gently.

Carefully sit the heatproof bowl in the
shallow dish of water. Melt the chocolate
slowly, stirring regularly. Remove from
heat.

Add the remaining ingredients and mix
well. Refrigerate for several hours.

Roll into 15 balls. Refrigerate until ready
to serve.

*Store in an airtight container and refrigerate
for up to 4 days.*



PER SERVING:
136 Calories
12g Carbs
4g Protein
8g Fat

