

# Lemon Myrtle Bliss Balls



Serves 15



10 minutes



Summer



Lemon Myrtle



## INGREDIENTS:

- 1 tablespoon dried lemon myrtle leaves
- $\frac{1}{4}$  cups almond
- $\frac{1}{4}$  cups cashews
- 25 pitted dates

## **METHOD:**

1. Grind the dried lemon myrtle leaves into a fine powder using a grinder or mortar and pestle. Set aside.
2. In a food processor, add almonds and cashews. Pulse until they form a coarse meal.
3. Add the pitted dates to the processor and blend until the mixture starts to stick together.
4. Sprinkle in the lemon myrtle powder and blend again until evenly combined. If the mixture feels too dry, add a teaspoon of water.
5. Scoop out small portions and roll into bite-sized balls using your hands.
6. Chill the balls in the fridge for at least 30 minutes to firm up. Store in an airtight container for up to 1 week.

## **TIPS:**

- For optional coating, roll the bliss balls in desiccated coconut, cocoa powder, or chia seeds.
- If using lemon myrtle in powder form, start with 1 tsp and increase only if you want a stronger citrus note.
- To make bars instead of balls, press the mixture firmly into a lined baking dish. Chill for 1–2 hours, then slice into bars.
- If the mixture is hard to roll, add a little water.
- Store bliss balls or bars in the freezer for up to 3 months.

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*This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.*