

Low FODMAP Double Chocolate Bliss Balls

Serves: 18

Prep: 20 minutes

Cook: 5 minutes



Ingredients	Metric	Imperial
1 cup dry, roasted, unsalted macadamias	154 g	5.4 oz
½ cup dried cranberries	77 g	2.7 oz
2 tbsp teff seeds, roasted	27 g	3 oz
¼ cup pure maple syrup	77 g	2.7 oz
3 tbsp cacao powder	23 g	0.8 oz
¾ tsp pure vanilla extract	1 g	0.1 oz
⅓ cup dark chocolate, finely chopped	40 g	1.4 oz
Extra toasted teff/chia seeds, desiccated coconut or cacao powder (optional)		

Method

1. Toast teff seeds in a frying pan over medium-low heat until they start to pop. Instantly remove from heat.
2. Coarsely crush or chop macadamias.
3. Blitz macadamias, cranberries, maple syrup, cacao, vanilla and salt in a food processor at high speed to produce a sticky crumb mixture. Be careful NOT to overmix.
4. Remove mix from the processor and add the dark chocolate and mix to just combine but maintain the chocolate pieces.
5. Using slightly oiled hands, press and roll about half a desert spoon of mixture into balls.
6. Coat balls (optional) in some toasted teff/chia/desiccated coconut/cacao powder and place on a tray lined with non-stick paper.
7. Place the balls in an airtight container in the fridge to store

Hints

- Chia seeds can be used as an alternative to teff if unavailable.
- A really easy way to coat the balls is to place the teff seeds in a plastic bag (make sure there are no holes). Simply drop the rolled balls into a bag and gently shake.
- If you don't have a food processor, roughly chop the cranberries and mix in a bowl using your hand wearing a food-grade glove.
- For a nut free version, substitute macadamias with roasted pumpkin seeds (pepitas) and/or roasted sunflower seeds.
- Add some orange zest to give a classic 'jaffa' flavour.

Nutrition Information (per serve)	
Energy	414 Kj / 99 cal
Protein	1.10g
Carbohydrates	7.40g
Sugar	3.80g
Total Fat	7.40g
Saturated Fat	1.40g
Fibre	0.80g