

No Bake Cherry Bliss Balls

The following recipe and photography is provided by our friends at Family Tree farms. For more information on their fresh produce and recipes, visit

stemilt.com.

Ingredients:

- 2/3 cup rolled oats
- 3/4 cup almonds
- 1/3 cup dates, pitted
- 3/4 cup Stemilt dark sweet cherries, pitted
- 1 tbsp dark unsweetened cocoa powder
- 1 tbsp chia seeds
- Pinch sea salt
- 1/4 cup dark chocolate chips (optional)



Instructions:

1. In a food processor, pulse oats, almonds, and dates until they are finely chopped. This may take a few minutes.
2. Add cherries, cocoa powder, chia seeds and salt. Pulse until smooth. Stir in chocolate chips, if using.
3. Scoop mixture and roll into 1-inch balls. You can oil your hands first to prevent sticking. Place balls on a baking sheet lined with parchment, wax paper, or a silicone baking mat.
4. Place in the refrigerator to harden slightly before storing.
5. Store in an airtight container in the refrigerator.