

It's Snack Time - Raspberry Rough Bliss Balls

By Julie Meek, Sports Dietitian (April 2018)



There is something so cute about a raspberry with its unique scrunched up shape in such a vivid colour. It is hard not to love them simply for their looks but when we start talking about what they can do for our bodies, they reach star status.

The Nutrition Goods

Nutritionally speaking, a raspberry has all the goods. This little fruit is super low in calories with very little sugar, high in fibre and good to our gut plus a bunch of vitamins and minerals including copper and manganese. There is Vitamin C all round with these guys too - 1 cup of raspberries dishes up almost half of our daily allowance for this vital vitamin.

It is true that eating a raspberry or two is not cheap, even when in season but they are certainly

juicy little morsels when you do. The good news is that you can also purchase them frozen, store them in the freezer and grab them out whenever you need them.

So, we know that popping a raspberry or several into our diets will make our bodies happy. We also know that they are super versatile and can be used simply as they are or in desserts, baking and even in savoury dishes.

Recipe + Raspberry

Which leads me to recipes. Is anybody with me when I say that I do love to look at recipes, mix and match ingredients and come up with my own variation? This favourite pastime led to the recipe that I am sharing with you. Bliss Balls have been on the popular list for many people for a few years now but lots of them feature nuts and dried fruit (which I also love) but there are some who just can't have nuts and sometimes it is good to have a change right?

The Raspberry Combo

My Raspberry Rough Bliss Balls are a delicious combination of frozen raspberries, rolled oats, coconut and skim milk powder. Super easy to make and a sweet way to get a dose of fibre, beta-glucan, protein, vitamins and minerals. Oats are a rich source of beta-glucan, a type of soluble fibre, which can assist with reducing LDL cholesterol that can accumulate in the arteries and can also lower blood glucose levels.

Raspberry Rough Bliss Balls

Ingredients (makes approx 18-20 balls)

- 2 cups slightly defrosted frozen raspberries
- 2 cups rolled oats
- 1 1/2 cups shredded coconut
- 2 tablespoons coconut oil
- 4 tablespoons water
- 4 tablespoons skim milk powder

Method

Place all ingredients into the bowl of a food processor and blitz until combined. If the mixture is not sticky enough, add a little more water. Using a tablespoon, roll the mixture into balls. Refrigerate until set.