

MUESLI BLISS BALLS



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

A fun, sweet treat using ingredients from the pantry.



FOOD WASTE TIP

Muesli Bliss Balls will last longer placed in an airtight container stored in the fridge.

INGREDIENTS

- 2 ripe bananas
- 1 $\frac{3}{4}$ cup quick oats
- $\frac{1}{2}$ cup sultanas
- $\frac{1}{2}$ cup shredded coconut
- $\frac{1}{2}$ teaspoon cinnamon
- 1 teaspoon cocoa (optional)

EQUIPMENT

- Large mixing bowl
- Fork
- Measuring cups
- Measuring spoons
- Mixing spoon
- Chopping board

SKILLS

- Measuring
- Mixing
- Shaping

STEPS



Mash the 2 bananas in a mixing bowl with a fork until you have a smooth mixture.



Add oats, sultanas, shredded coconut, cinnamon, and cocoa (optional) to the bowl.



Mix well with a spoon until all ingredients form a consistent mixture. Let the mixture rest for 2-3 minutes.



Measure one full spoon of the mixture and hand roll into balls. Continue until all mixture has been rolled into balls, approximately 10 balls.



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