
Bliss Balls: Three Recipes For Snacking with Cobrina

Chapter 1 - Bliss Balls: Three Recipes For Snacking

Overview

- I am going to show you three recipes that are all less than six ingredients and can be easily modified to be nut-free, gluten-free, or sugar-free. I'm Cobrina. I'm an artist, coach and producer here at Creativebug, and I have a long and varied career in artisan food making. And one of the things we love in kitchens is a fast snack. I've developed three foundational recipes for you to begin with. The first is made with rolled oats and nut butter. The second is a healthy chocolatey truffle, and the third is made with dried apricots and fresh ginger for a bright, fruity flavor. At my house, I always have a couple of flavors of these in the fridge, so I can just grab a few and go. These bliss balls make a nourishing and delicious gift for a teacher, a neighbor, or a friend.

Materials

- To make these recipes, you really only need a few tools, but having the specific ones will make it really easy. As a professional baker, I love to use a scale, and I always measure by weight, but you don't have to do that. You can certainly use measuring cups and spoons if you're more comfortable. Another nice tool to have is a scoop. This is a one ounce scoop. In my years in the bakery, we would have to scoop a lot of cookies, I mean hundreds of them, and this tool makes that very easy. But again, if you don't have this, you can just use a tablespoon. I'm also gonna be using a microplane grater. This is for some fresh ginger. And also my two favorite tools, an offset spatula, and a rubber spatula. These are not required. You can definitely just use a kitchen knife and a spoon, but I use these a lot, so I just wanna introduce them to you. And lastly, our most important tool is our food processor. I have this little tiny one that I love. It serves me well, and you could use a blender, but the problem with the blender is everything gets really stuck at the bottom, and you're constantly kind of mixing and trying to push things down. So I recommend a food processor. That being said, you could definitely mix these up in a bowl by chopping your ingredients really finely. I'll introduce you to the specific ingredients we need as we go through each recipe.

Oaty nutty bliss balls

- This first recipe I wanna share with you, I'm calling oaty nutty, and that's because it's a foundation of rolled oats and nut butter. I'm gonna be using peanut butter, but please switch it out to any nut or seed butter that you like. I've pre-scaled my ingredients, but please note that I'm making a half batch from the recipe that is in your PDF. So the amounts will look different. Our first step is going to be pulsing the oats. I want to pulse these by themselves to break them down a little bit. I'm gonna be using chop and grind buttons interchangeably. It makes the blade go one way and then makes the blade go the other. That's looking pretty good. I don't wanna take it as far as oat flour, but I do wanna break down that entire oat flake. The next step is gonna be adding some of our nut butter. I don't like to prescale my wet ingredients in this way because if you put your peanut butter in a container, then you have to scrape it out of the container - it makes a big mess. So I'm gonna show you a little trick that I do, which is just to scale my entire food processor. If you're using a full-size food processor, this won't be possible and just pre-scale it in a bowl. But I can put my whole machine right on here on the scale and put my peanut butter straight in from its container. Make sure you hit zero on your tare. There we go... almost... All right. And I can also add my cinnamon and

salt. Feel free to play around with different flavors here. If you like clove, I kind of am making the flavor profile of this like an oatmeal cookie, but there are lots of fun flavors you could put in here. I'm gonna put my honey in next. And a little tip for scaling something that's so sticky like honey or molasses, is you can rub a little bit of oil inside your tablespoon. Here we go. And I can use my spatula to get last little bits out. I'm gonna wait to add my raisins because I don't wanna break them down so much. Pulse just until this looks like a uniformed dough. Once it starts to look a little shaggy, I like to add a little water. The oats are really, really dry and they're of course absorbing the peanut butter and the honey at this point, but I find that adding just a little bit of water makes for a creamier texture when they're done. So using your tablespoon, start with one tablespoon at a time. It may take a couple depending on the size of your recipe, but you'll know it'll start to look like a cohesive mass instead of something so shaggy. The nice thing about something so small like this too, is I can actually shake it. All right, that's starting to come together. I think that looks pretty good. I might add just a tiny touch, not another tablespoon, but just a little more water, and then I'll add my raisins. Chocolate chips would be really fun here, chunks of crystallized ginger. Really, anything that sounds good to you. All right, let's give it a little test so you can just take a little bit and pinch it together and see if it holds. So that's pinching together really easily without being too crumbly, I think this is ready to scoop. You can scoop your mixture directly from the container, or you can add it into a bowl. Just makes it a little easier to take that blade out. Using my scoop, I'm going to press it towards the side of the bowl and about a full scoop is what you'll need. And then I press it in one hand, press it in the other. This is really just pressing out any air or gaps, and then you can kind of form it into your bliss ball. And then I give it a little roll in my hands just to give it a nice spherical shape. Keep scooping. If you find it's a little dry, you can definitely add a little more water. This scoop makes about a 24, 25 gram ball, which I think is pretty perfect for a snack. You can measure these out, you can weigh them out with your scale if you'd like, but I think the scoop does a pretty good job. If you find they're not staying together, add more wet. And if you find that it's too sticky, add more dry. So more oats in this case. Last one's a little little, but that's okay. Gives you something to sample. You can certainly enjoy your bliss balls right now like this, but I like to keep mine in the fridge and give them a little time for the oats to absorb all that moisture and it will make the texture a little bit more decadent.

Chocolatey bliss balls

- The base of this recipe is toasted sunflower seeds and dates. I've definitely done this with cashews and almonds before, and it's delicious. I do recommend that your nut or your seed is toasted and unsalted also, so that we can control the salt in the recipe. These toasted sunflower seeds will make a really unique flavor within this chocolatey blend of cocoa powder and mini chocolate chips. I wanna begin by breaking down my sunflower seeds. Not all the way to seed butter, but just break them down a little bit. All right, into a meal there. And then I'm gonna add my dates. Dates are a nice idea to add to a recipe because they have so much sweetness already, so you could just use dates and not use any other sweetener if you like. If you are using dates, make sure you take the pits out of them. These are pitted medjool dates. Just blending until I have a smooth consistency. You can almost listen to your food processor right? At first, it was very jerky, and then it starts to sound smooth. As soon as it sounds smooth, I know I can add the next ingredient. We've got our cocoa powder and salt. This is kosher sea salt. I definitely recommend you taste as well and add more salt if you like. Especially with this chocolatey one. A little more salt can add a little more brightness to the chocolate flavor. I'm also gonna add maple syrup. Honey would be a good choice here as well.

But I like the maple flavor. Let's blend this up. I'm keeping my chocolate chips out for the moment. This is looking pretty dry. I don't think it's going to come together with the scoop, so you have some choices here. You could add more dates, you could add more maple syrup, but I'm gonna go ahead and add water again. I find that a couple of tablespoons of water in my mix doesn't hurt the flavor at all, but it makes them a little bit more luxurious on the mouth feel. So I'll just start with one for now and we'll see if we need another. Oh, I think it's coming together. I think just one did the trick starts to make kind of like a dough that you can squish. And before I finish, I'm gonna add in my mini chocolate chips. I love using cocoa nibs here as well. Even a blend of chocolate chips and cocoa nibs. The cocoa nibs, I find them very caffeinated, so if I want this to be an energy ball, I would definitely include cocoa nibs And just enough to bring it together. Again, we can put it into a bowl for easy scooping. Okay, bring our plate in again, our scoop, really press into the side here. This will make your hands a little chocolatey, I'm warning you. I like to use my hands. I think they're the best tool that I have. But if you would like to use two spoons or you would like to wear gloves, that's a choice that you can make as well. After I scoop, I again want to press any air bubbles out of it, and then I push it together with my fingers and roll it into that ball shape. I have tried rolling these then in cocoa powder. It's fine. It doesn't have a whole lot of flavor. It does make it look a little bit more like a truffle, but I find transfers onto your fingers much more. Once these have set and are in the fridge, they're very clean to eat, and if you put cocoa powder on the outside, you have cocoa powder on your fingers. But if you want that truffle look, you should definitely consider rolling it in cocoa powder. Last one. I don't find this dough to be too sticky. I've seen other recipes where people are very concerned about how sticky the dough is. I think it's really a fine balance between your wets and your dries. So if you find that this is way too crumbly or way too wet, just adjust those ingredients. This recipe could certainly handle more chocolate chips if you'd like it. And also, espresso powder or peppermint might be a nice inclusion too.

Fruity bliss balls

- This recipe uses a foundation of dried apricots as its base, I'm using sulfured apricots. You could use unsulfured apricots, but I think that the bright orange flavor is a fun part of this bliss ball. I'm also using toasted cashews, toasted and unsalted, so please toast them. If you don't want to use nuts, you can certainly swap out for sunflower seeds like we did in our last recipe. I'm also going to be adding some fresh ginger and turmeric to this recipe, as well as some black pepper, and it makes this really bright, flavorful, fruity flavor. I've tried using just ginger powder and crystallized ginger, which I think works really well, but dried ginger or powdered ginger doesn't translate in the same way. We're going to begin like we have before by breaking down our cashews, right? They're all small, pretty even pieces now, and I can add my apricots. Other dried fruit would be really fun to experiment with here too. This is starting to break down, but before I go too far, I'm gonna add my spices and fresh ginger. The turmeric is optional. I think it creates a really interesting flavor, but more than anything, it adds a nice bright orange color to our snack. And because we're using turmeric, I wanna balance that with some black pepper, so just a tiny bit like an eighth of a teaspoon or some very small amount for any recipe that you're making, and just keep pulsing until the dough starts to come together. All right, let's give it a pinch and see if it sticks together. It does. So I'm gonna put it in my bowl. Just like before, we're going to scoop these, but to finish them, I'm going to roll them in toasted black sesame seeds. This is a little bit of an aesthetic choice. I think it looks really cool with the orange of the apricot, but it also adds a little bit of that sesame flavor. I do encourage you to not go too far with it. So for example, we're gonna roll these in here and I don't

really wanna make it completely covered because the sesame is a really, really strong flavor, and that's really all you'll get if you completely cover it in black sesame seeds. Press firmly against the side of the bowl. Press in both hands to get the air out. Roll it into a ball. You can do this like a little assembly line as well where you scoop the ball and shape it, and then just place it in your seeds and do a couple of those at once. Gets a little rhythm going. It helps to kind of roll these in your hands a little bit too, so that a little bit of the moisture comes to the surface, and that helps the sesame seed stick as well. I keep these in an airtight container in my fridge for about two weeks, or you can freeze them for up to three months. They never last that long. In my household though, we love to just put them in little Tupperware and stick them in every bag on the go. I think these three flavors give you a really great jumping off point to find the flavor that you like best. So please, I encourage you to modify these flavors if you don't like ginger or try something else or leave it out completely. There are lots of ways that you can make these all your own with a little bit of experimentation.