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Cherry Bliss Balls




INGREDIENTS

9 Medjool Dates (pitted) 

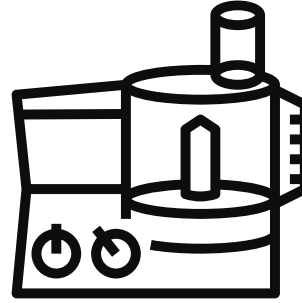
15 Cherries (pitted) 

1 cup (75g) Desiccated Coconut (unsweetened) 

1/3 cup (35g) Oats 

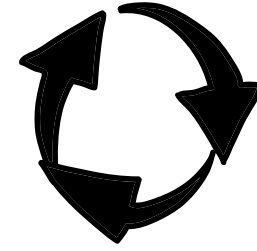
1 1/2 tbsp Cacao Powder 

1



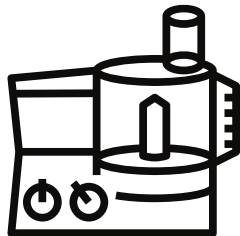
Add all the ingredients to a food processor

2



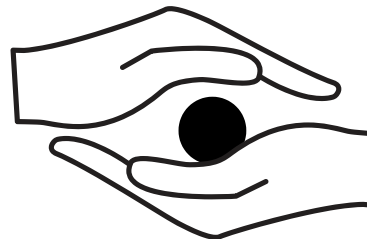
Blend until everything is finely chopped and the mixture comes together.

EQUIPMENT



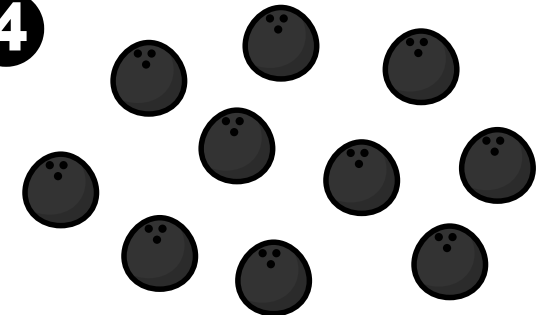
Food Processor

3



Roll the mixture into small balls.

4



Roll the balls in some desiccated coconut / cacao

MATH TIPS



Point to the numbers on the recipe card. Can they say them? Ask them to point to step 3 etc.



Ask your child if they can count all the ingredients. Encourage your child to point/touch to the objects as they say the numbers.



If using scales to measure ingredients then show your children the numbers going up as you add more. Ask what they think will happen to the number if you took some out.



If using cups to measure get your children to guess how many spoons of oats/coconut it will take to fill the cups. Count as you fill it. Were they correct/ who had the closest guess?



Ask your child to count out loud as they add the cherries and dates to the food processor.



**Explain you have to blend the mixture until it forms a paste, can we count how long that will take?
1,2,3.....**



As you form the balls talk about the size. Are they all the same size? Which one is the biggest / smallest?



Ask who rolled the most balls. How many did you roll? How many did I roll? How many balls did we roll altogether?



Ask what happens when you flatten the ball. What shapes can they make with the mixture?



Coat some of the balls in coconut and leave some uncoated. Ask how many are coated and how many aren't. Say you want 10 coated, can we coat more to make 10?