

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Blueberry Bliss Balls

### Ingredients

150g desiccated coconut  
20g of extra-desiccated coconut (for rolling)  
150g of cream cheese  
1 tsp of vanilla extract  
70g of frozen blueberries  
Zest of 1 lemon

### Method

How gorgeous are these bliss balls?! I'm going to try different coloured berries. Maybe raspberries next time....xoxo

1. Combine all ingredients in a food processor until smooth.
2. Form into small balls and coat in coconut.

**Preparation Time:** 5 minutes

**Cooking Time:** 15 minutes

**Source:** Thermie-Foodie and the Chef

**Makes 30 balls**



For more recipes and information on living the low carbohydrate lifestyle find us at:

[www.goodtoeat.com.au](http://www.goodtoeat.com.au)