

Heart Foundation
2017 Local
Government
AWARDS
Tasmanian Winner
Councils with populations
10,000–50,000

An Initiative of the Central Coast
Local Food Security Strategy

Healthy Food Recipes

Carrot Cake Bliss Balls

20 serves

The humble bliss ball is a favourite of kids and adults alike. Easy to make and packed with healthy ingredients, they can be enjoyed (in moderation) anytime of the day.



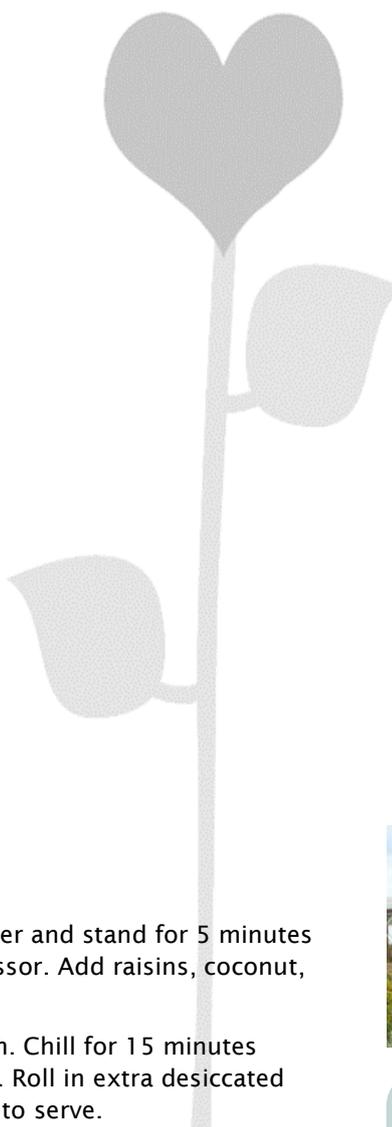
Ingredients | Method

- ¾ cup dried pitted dates
- ½ cup raisins
- 1¾ cups desiccated coconut
- 1 large carrot, grated
- 1 tsp nutmeg
- 1 tsp cinnamon

1 Place dates into a bowl. Cover with boiling water and stand for 5 minutes to soften. Drain and place into a small food processor. Add raisins, coconut, carrot and spices.

2 Process for 2-3 minutes or until almost smooth. Chill for 15 minutes before rolling tablespoonfuls of mixture into balls. Roll in extra desiccated coconut to coat, if desired. Refrigerate until ready to serve.

Recipe courtesy of Australian Red Cross,
attributed to Woolworths Ltd.



Recipe #34 – courtesy of
Ulverstone Neighbourhood
House and Australian Red
Cross

Ulverstone Neighbourhood House
brings local people together to
address what opportunities or
needs exist in their community.

The Council is partnering with
the House and the Australian
Red Cross to deliver the FoodREDi
food education program on
Weds from 7 March to 11 April.
FoodREDi programs aim to create
an enjoyable experience cooking
and eating together, and along the
way gain an understanding of basic
nutrition, food safety and how to
eat healthily on a limited budget.

The House regularly receives fruit,
vegetables and other supplies that
are provided free of charge or at
low cost to local residents. Visit
the Food Shed on Tues and Thurs
between 3pm and 4pm. Phone
6425 4186 for more information.



8-10 Lugana Crescent, West Ulv.
Ph. 6425 4186
Open Mon–Fri | 9:30am–4pm
[https://www.facebook.com/
ulverstoneighbourhoodhouse/](https://www.facebook.com/ulverstoneighbourhoodhouse/)

the
power
of
humanity



The Healthy Food Recipes campaign is part of the
Central Coast Local Food Security Strategy
available for download on the Council Facebook and website at
www.centralcoast.tas.gov.au/healthy-food-recipes/
Also see link to Eat Well Tasmania's *What's In Season* guide.

RECIPE #34 | 28 FEB 2018

For more healthy eating, visit www.eatwelltas.org.au



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