

APRICOT BALLS



Ingredients

- 500g dried apricots
- 1/2 cup almond meal
- 1/4 cup pumpkin seeds
- 1/4 cup sunflower seeds
- 1/4 cup sesame seeds
- 2 Tbsp chia seeds
- 60g coconut oil, melted
- 1/4 cup honey, rice bran syrup to taste
- 1/2 cup desiccated coconut, plus extra

makes 15-20

Method

- Roughly chop up almonds placing in food processor, then add all of the other ingredients and process until all of the ingredients come together and start clumping around the blade. You may need to stop a few times to scrape down the sides and under the blades to make sure that everything is getting mixed in well.
- Now that its summer the coconut oil won't be so hard, so finish melting it on low heat and add to ingredients in the food processor while it is whizzing around, along with the honey or rice bran syrup about 1Tbsp at a time. Stop and taste to see if you have right sweetness.
- Once everything is mixed in well and there is enough sweetness, it is time to

make the balls. Oil hands to make it easier to roll and not have hands covered with ground up almonds. Use roughly a tea-spoon full of mixture to roll balls.

- In another bowl add about 1/2 cup coconut and roll the apricot balls in it getting an even coating. Once coated place balls into an airtight container.
- Almonds can be omitted if there is an allergy to nuts, and you can add Linseed, Sunflower and Chia seed powder, or Hemp-seed protein
- These last for at least 2 weeks in the fridge