

Little Snack Balls



Notes. Based on a recipe from the Jamie Oliver book “Eat Yourself Healthy”
Sorry, but you really do need a food processor for this one.

Ingredients

100g Rolled oats
100g Pitted dates

And then add in up to 300g of extra flavours.

100g each of desiccated coconut, dried mango

100g each of chocolate*, apricots, toasted almonds

100g chocolate*, 40g mango, 60g apricots, 100g desiccated coconut

100g chocolate*, 100g apricots, 100g desiccated coconut, handful of flaked almonds

Method

Put everything in a food processor, breaking the chocolate into chunks first. Add 1tbsp of water and a drop or two of vanilla essence for flavour.

Blend until the mixture starts coming together.

With wet hands roll the mixture into small balls, coat with cocoa powder or desiccated coconut.

Keep in the fridge for up to 2 weeks. 3 months in the freezer.

Extra thoughts

60%+ cocoa works best, it doesn't matter if there is some added flavour too as it all just mixes in. e.g. freeze dried raspberry.

For some extra protein swap 30-40g of oats for flaked quinoa.

Experiment with these. We think dried cranberries would also work well.