

Dried Fruit Energy Balls

Recipe recommended by CLAIRE SAMBOLINO
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	1635 kj	19%
Energy (kcal)	393 kcal	20%
Fat	21g	30%
of which saturates	2.1g	11%
Carbohydrate	35g	13%
of which sugars	32g	36%
Fibre	12g	48%
Protein	9.6g	19%
Salt	0.06g	1%

Generated by Nutritics v5.61 on 13/12/2021

INGREDIENTS: (Serves 16 = 89kcal per 22.7g serving)

- 100g dates (de-stoned) or dried figs
- 100g dried natural apricots
- 75g ground almond flour (**NUTS**)
- 50g nuts (choose from cashew / hazelnuts / almonds / walnuts or other) (**NUTS**)
- ½ tsp vanilla essence
- 3 tsp dark cacao powder
- Water – add 1 tsp at a time until reach desired consistency

ADDITIONAL INGREDIENTS FOR COATING:

Desiccated coconut flakes / chopped hazelnuts / cacao powder

METHOD:

1. Blend all the ingredients together until fine and even mix.
2. Add in a dash of water and combine the mixture to form a soft pliable dough.
3. Roll into even-sized balls. Makes approx. 16 medium balls.
4. Coat the balls in any of your chosen coatings - coconut, chopped nuts or cacao. To ensure an even coating it's best to spoon your coating into a shallow bowl, add the balls and gently shake until they're fully coated.
5. Leave to chill for 30 mins in the fridge before eating.

ALLERGENS



TREE NUTS



SULPHITES

MODIFY

Switch nuts for seeds in case of allergy / intolerance

Switch in alternative dried fruits as desired such as prunes, raisins, cranberries etc

CREDIT

Recipe by: Claire Sambolino
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