FRUIT & NUT BALLS

Recipe



INGREDIENTS

- 300g mixed nuts (cashews, almonds, walnuts)
- 200g dates paste
- 100g desiccated coconut
- 50g raisins
- 2 tbsp ghee or butter
- 2 tbsp honey
- 50 ml water



METHOD

- Roughly grind all the nuts and roast in a pan
- In a separate pan, heat butter in pan and add dates paste.
- Add water
- Keep cooking and stirring until you have a soft sticky paste
- Add honey and continue to stir for 1 minute
- Remove from heat and add roasted nuts and raisins
- Mix well
- Lightly coat the palm of your hand with some coconut, add some of the mixture and form small balls
- Time to enjoy your protein-packed tasty snack!





Shared by Harjinder Kaur, Community Leader, on behalf of one of the members from the Satrang Peer Support Group, Wolverhampton. Images used with permission.