

Date & Almond Bliss Balls

Adopted from a recipe by Teresa Cutter

Preparation 15 minutes **Cooking** None **Makes** 27 balls at 16g **Cost** \$0.20 per portion (based on retail prices)
Season Any **Ability** Easy **Can** Keep in fridge for 2 weeks, can freeze **Equipment** Robo coupe

Did you know? One of these little balls provides 3 times more protein than a milk arrowroot biscuit.

The benefits: These little super balls contain cinnamon that may help to regulate blood sugar levels and dates which are a great source of fibre. Cocoa is the highest known anti-oxidant food on the planet; frequent consumption may reduce the risk of heart disease, stroke and diabetes. Almonds are rich in Vitamin E, an anti-oxidant that helps protect against damaging free radicals and are also high in monounsaturated fats - beneficial for heart health. Coconut oil increases the energy content of these little balls making them perfect for small appetites.

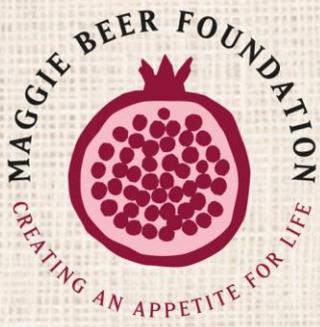
Ingredients

125g toasted slivered almonds
½ teaspoon ground cinnamon
Pinch sea salt
1 tablespoon pure cocoa powder
½ tsp vanilla bean paste
1 tablespoon skim milk powder
1 tablespoon coconut oil
70g dates, soaked in boiling water for 20 minutes, drained, reserve some liquid
¾ teaspoon orange zest (micro plane)
Milo to roll

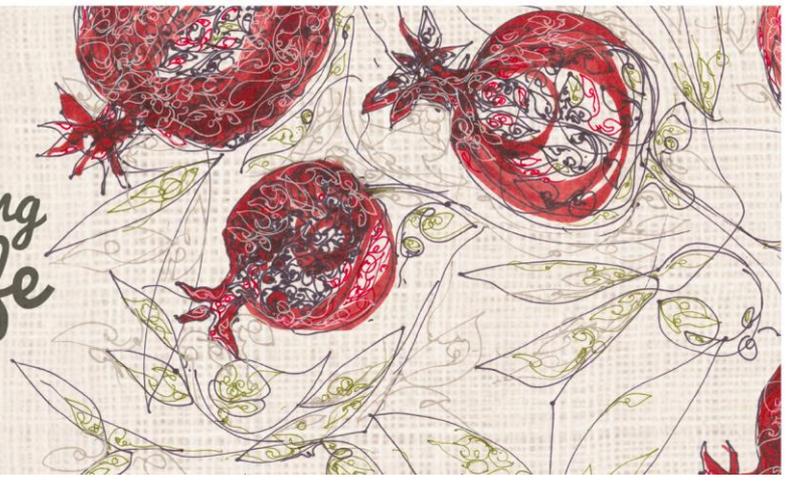


Method

1. Place ¾ of the toasted almonds in the robo with cinnamon, salt, cocoa powder, vanilla bean paste, skim milk powder and melted coconut oil. Blitz until fine crumb is resembled.
2. Add the dates and pulse to bring together.
3. Pulse in the remaining almonds and orange zest until correct consistency is achieved with the almonds (you may need to add a little of the date soaking liquid to get the required texture).
4. Roll into 16g balls and toss in Milo, serve.



Creating
an
appetite
for life



Nutritional Information

Almond and Date Bliss Balls - Serving Size: 22g		
	Per Serving	Per 100g
Energy (kJ)	247	1135
Protein (g)	1.6	7.2
Fat (g)	4.5	20.4
- Saturated (g)	1.1	5.0
Carbohydrate (g)	2.9	13.5
- Sugar (g)	2.8	12.9
Fibre (g)	1.0	4.7
Sodium (mg)	3.5	16.0

