



Nut-free apricot bliss balls

AMBER (ACT & SA) / Occasional (NSW)

Makes 26 (portion is limited to three per student, per day)

Ingredients:

- 1½ cups (285g) plump, dried apricots
- ½ cup (40g) desiccated coconut (plus more for rolling)
- ½ cup (40g) skim milk powder
- ½ cup (50g) oat bran
- 1-2 tablespoons (20-40ml) boiling water

Method:

1. Place all ingredients in a food processor and blend until smooth.
2. Use a teaspoon to scoop out portions and roll into 26 balls (weigh the first ball out to 16g so you know how big they should be).
3. Place extra coconut in a large lunch box, drop the rolled balls in and roll to coat.

Tips:

- You can make the balls smaller but stick to a maximum weight of 35g per ball.

Recipe tested by ES November 2016

Nutrition information:

Nut-free apricot bliss balls	Per serve (16g)	Per 100g
Energy (kJ)	192	1200
Protein (g)	1.4	9.0
Fat – total (g)	1.2	7.2
Fat – saturated (g)	0.8	5.2
Carbohydrates – total (g)	6.5	40.5
Carbohydrates – sugar (g)	5.4	34
Sodium (mg)	11	68
Fibre (g)	1.5	9.4