



Nut-free choco-date bliss balls

AMBER (ACT & SA) / Occasional (NSW)

Makes 29 (16g each, limit to three balls per student, per day)

Ingredients:

- 150g pitted dates (ensure seeds are removed)
- 150g dried apricots
- 100g rolled oats
- 15g cocoa
- 40g desiccated coconut (plus more for rolling)
- 20g water
- 1-2 tablespoons (20-40ml) boiling water

Method:

1. Place all ingredients apart from water in food processor and blend until smooth.
2. Add water slowly until mixture just comes together (add more if it's too dry).
3. Use a teaspoon to scoop out portions and roll into 29 balls (weigh the first ball out to 16g so you know how big they should be).
4. Place extra coconut in a large lunch box, drop the rolled balls in and roll to coat.

Recipe tested by ES November 2016

Nutrition information:

Nut-free choco-date bliss balls	Per serve (16g)	Per 100g
Energy (kJ)	249	1310
Protein (g)	1.0	5.5
Fat – total (g)	1.5	7.9
Fat – saturated (g)	1.0	5.0
Carbohydrates – total (g)	9.2	48.6
Carbohydrates – sugar (g)	6.6	34.8
Sodium (mg)	5	28
Fibre (g)	1.9	9.9