

RECIPE OF THE WEEK – Apricot and cashew balls

Ingredients

* 1 cup dried apricot
* 1 cup dates
* 1 cup oats
* 1 cup cashews
* 4 tablespoons honey
* 2 scoops of protein powder (optional)
* Desiccated coconut, to roll balls in

Method

1. Add ingredients one at a time into food processor. Mix together. Add honey last to make mixture stick together.
2. Roll mix into bite size balls. Roll in coconut. Refrigerate.

