



Recipe Tip:
Use other dried fruit such as dried cranberries, apple, prunes or sultanas. Add nuts and seeds such as sesame, pepitas or sunflower seeds.



Oaty Bites

Makes 25 balls



Ingredients:

- ½ cup pitted dates
- ½ cup dried apricots
- 1 cup untoasted muesli
- ¼ cup coconut
- 2 tablespoons water

Note: Try using wheat biscuits or oats instead of muesli.

Equipment:

Knife, chopping board, stick blender or food processor, bowl, measuring cups and spoons, shallow dish



1 Roughly chop dates and dried apricots.



2 Add chopped dried fruit and muesli to bowl. Finely blend with stick blender (or food processor).



3 Add a tablespoon of water at a time until mix forms a soft dough-like consistency.



4 Roll teaspoons of mixture into balls.



5 Place coconut in a shallow dish. Roll balls in coconut to coat. Store in the fridge.