PREP: 25 min
COOK:
SERVES:22

Apricot Maple Balls

These energy packed snacks are just the thing for packing into a little one's lunchbox, or just to eat mid-morning for a pick me up!

Ingredients

3/4 cup (120g) dried apricots

50g dried apple

1/4 cup (60ml) water

1/4 cup (60ml/80g) Queen Pure Maple Syrup

1/2 cup milk powder

1/2 cup (45g) desiccated coconut

2/3 cup (60g) rolled oats

Sesame seeds or desiccated coconut, extra

Method

STEP 1

Finely dice or process apricots and apple. Combine fruit, water and maple syrup in a small saucepan, and cook until the fruit is soft, approx 5-7 minutes.

STEP 2

Process coconut and oats in a food processor until fine.

STEP 3

Combine all ingredients and mix well.Roll small spoonfuls into balls, and roll in the sesame seeds (or desiccated coconut).

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