

Equipment

- food processor, blender

Ingredients

- 200 g pitted medjool dates
- $\frac{2}{3}$ cup (65g) rolled oats
- $\frac{1}{3}$ cup (35g) desiccated coconut
- good pinch of salt

Instructions

1. Add all ingredients into a blender or Thermomix.

If using a blender, blitz until all ingredients are finely chopped and the mixture comes together (it will resemble small crumbs).

If using a Thermomix, press Turbo until the mixture is finely chopped and comes together (it will resemble small crumbs).

2. Take large teaspoonfuls of the mixture and roll into balls (see notes).

3. Store in the fridge for up to 5 days or in an airtight container in the freezer for up to 2 months.

Notes

Medjool dates can be bought from all major supermarkets.

If you can't buy medjool dates, you can use dried pitted dates, however, you'll need to soak them in boiling water for 15 minutes before using and may also need to add a little water to the mixture when blitzing.

Store in the fridge for up to 5 days or in an airtight container in the freezer for up to 2 months.

If your mixture is not easily rolling into balls, add a little water to the mixture and blitz again until it comes together easily.

Nutrition

Calories: 168kcal | Carbohydrates: 27g | Protein: 3g | Fat: 6g | Saturated

Fat: 4g | Cholesterol: 0mg | Sodium: 4mg | Potassium: 231mg | Fiber: 4g | Sugar: 13g | Vitamin C: 0.1mg | Calcium: 18mg | Iron: 1.1mg