

Date Nut

Balls



Burrum's

Favorites

Ingredients:

Dates Pitted	9
Macadamias	1 Cup
Almonds	1 Cup
Rolled Oats	1 Cup
Cacao Powder	1/3 Cup
Honey	1 tbl



15 min



5 min



≈ 15



How to:

1. Place all ingredients into a bowl and transfer them to a blender or food processor. Blend for several minutes until the mixture becomes finely crushed and sticks together slightly.
2. Using your hands, take a small portion of the mixture and roll it into a smooth ball. Repeat with the remaining mixture until all the balls are formed.
3. Arrange the date and nut balls on a tray and place them in the freezer until they are firm.

Once set, serve them with your favorite toppings, such as ice cream or yoghurt.