

Dried Fruit Energy Balls

Ingredients	Tools and Equipment
1 cup of rolled oats	Food Processor
½ cup pumpkin seeds	Bowl
½ cup sunflower seeds	Measuring jug
1 cup shredded coconut	Measuring cups
1 ½ - 2 cups of dried fruit	Kettle
250 ml boiling water	Teaspoon
	Tray

Method

1. Put the kettle on. When it is boiled, pour 250ml of water into a measuring jug and place your dried fruit into the jug to soak.
2. Blitz the first 3 ingredients in the food processor until it looks like bread crumbs.
3. Add ½ cup of the coconut into the food processor and blitz again for a few seconds.
4. Add the fruit and water into the food processor and blitz until it forms a paste consistency.
5. Note: If the mixture is too wet, add more rolled oats, if it's too dry, add a little water.
6. Using a teaspoon, scoop out the mixture and form a ball with your hands, then roll the ball into the remaining ½ cup of coconut to coat.
7. Continue forming all of the mixture into balls and placing them onto a tray.
8. Place the tray of balls into the fridge to firm up.