

Apricot Balls.



Ingredients

2 cups toasted oats
200 g dried apricots
1 tbsp freshly squeezed orange juice
2 tbsp water
70 g desiccated coconut, plus extra for rolling
3 tbsp wheatgerm, as needed to bind

1-2 tbsp Maple syrup or honey

Method

Place oats into food processor and mill **until resembles breadcrumbs.**
Add apricots to food processor and pulse, until chopped. Scrape down sides of bowl.
Add orange juice and water to processor and allow to soak in for 1 minute.
Add coconut, and maple syrup and mix - adding wheatgerm if needed
Roll mixture into small balls and then roll in extra coconut.
Place them in the fridge to set for around an hour.



Healthier choices...

You can substitute or add any other fruit you might like... dried figs are and dates are also delicious (or a combination of all), and you can substitute the oats for almond meal if you prefer.

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