

Recipe No. 33/2016

Nutty, Fruity Oat Balls

This week's recipe comes from a previous consultant from Cape Town, Barry Scotson. These make a delicious, nutritious snack for all the students studying for exams.

NB: Suitable for both TM5 and TM31

Makes: 25 balls
Preparation time: 20 minutes

Ingredients

50 g desiccated coconut to coat
100 g rolled oats
130 g nuts
130 g dates
1 small banana
20 g honey
10 g nut butter
5 g dark cocoa powder
Squeeze lemon juice



Method

1. Place coconut into TM bowl. Mill **15 sec /speed 10**. Set aside.
2. Place all other ingredients into TM bowl. Chop finely **10 sec/speed 8**.
3. Taking a teaspoon full, roll into a ball, then coat in crushed coconut. Repeat until all mixture is used.
4. Store in the refrigerator.

thermomix


PORT-A-KITCHEN
An extra pair of hands in the kitchen

Tel: 011 974 1171
www.sathermomix.com