

Snack/Treat

APRICOT ENERGY BALLS

INGREDIENTS

1 cup dried apricots (190g)

3/4 cup rolled oats

1/4 cup desiccated coconut + 2 tablespoon for rolling

1 tablespoon chia seeds

2 tablespoon coconut oil, melted

2 tablespoon honey



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METHOD

STEP 1

Place apricots in food processor and chop finely.

STEP 2

Add remaining ingredients and mix.

STEP 3

Roll into balls and through remaining coconut.



GET A PARENT TO SHOW YOU HOW TO USE THE FOOD PROCESSOR.