



## Pink Lady® Apple & Date Balls

Makes 20 – 24 Balls



Created by : **heleen** | meyer  
food consultant

### Ingredients:

- ♥ 25 raw almonds
- ♥ 500 ml (2 cups) oats
- ♥ 125 g pitted dates, chopped
- ♥ 60 ml (¼ cup) desiccated coconut
- ♥ 5 ml (1 tsp) ground cinnamon
- ♥ 2 Pink Lady® Apples with the skin, coarsely grated

### Method:

1. Place almonds in a food processor and blend until coarsely ground. It should be about 60 ml (¼ cup) ground almonds.
2. Add oats and blend to form a finer consistency, like a coarse flour. Add dates, coconut and cinnamon and blend until well combined..
3. Spoon in the grated apples and blend until it almost resembles a biscuit dough.
4. Roll into balls, using about 15 ml (a tablespoonful) of the mixture per ball.
5. Pack into an airtight container and store in the fridge for no more than 3-4 days.

### Chef's Tip:

Substitute the almonds for macadamia nuts, if preferred.

*Pink Lady*®

Make healthy living a part of your active lifestyle with Pink Lady® - naturally!

