

Strawberry Balls

Nutrition for Outside School Hours Care • another NAQ Nutrition program

Ingredients:

Makes 24 balls

- 1 x 250g punnet of strawberries
- 2 cups rolled oats
- 1 cup desiccated coconut
- 8 fresh dates, seeds removed

Equipment:

- Chopping board
- Knife
- Measuring cups
- Food processor



Vegetarian

Dairy Free

Method

1. Discard green leaves from strawberries, rinse clean and chop into 4.
2. Place all ingredients into a food processor.
3. Process until well combined.
4. Roll into small balls.
5. Enjoy chilled.

AGHE Food Group Serves / 2 balls

Fruit = 1/4

Grains = 2/3

Discretionary = 1/4*

* Due to the saturated fat content of coconut, it is classed as a discretionary choice. Alternatives for coconut include unsaturated fats such as nuts or seeds.

Involving the Children

Kids love this recipe! They can help with the preparation of the strawberries, measuring out of the ingredients and best of all rolling the mixture into their own balls.

Fast Fact

Strawberries are high in Vitamin C and have a good amount of fibre.

Their bright red colour means they are jam packed with antioxidants to keep you healthy and fight disease!