

Muesli Fruit Balls

Food Foundations • another NAQ Nutrition program

Ingredients – serves 40

- 5 cups nut free toasted muesli
- 2 cups pitted dates
- 2 tablespoons honey
- 1 teaspoon cinnamon
- ½ cup rice bran or olive oil



Method:

1. In a food processor, process 4 cups of muesli, prunes, honey spice and oil until well combined. You may need to do this in batches.
2. Place remaining muesli on a plate.
3. Roll level tablespoons of mixture into balls, then roll in remaining muesli. You should have 40 balls.
4. Refrigerate until firm (about 1 hour) and store in the fridge until ready to serve. Serve as an accompaniment to vegetable or savoury platters.

| Food Group | Serves provided per portion |
|--------------------------|-----------------------------|
| Vegetables and legumes | 0.5 |
| Milk, yoghurt and cheese | 0.25 |