



Recipes

Savory Snacks

Ball-O-Nuts

Prep Time: 10 minutes

Soaking Time: A few hours

Cook Time: none

Yield: 10 servings

Ingredients:

6 dates

1/2 cup rolled oats

3/4 cup almonds

1/2 cup sesame seeds

1/2 cup apple juice

1/2 cup brown rice syrup

3/4 cup poppy seeds

Directions:

1. Soak dates with oats in water for a few hours, then drain excess water.
2. Add dates, oats, almonds, sesame seeds, juice and syrup to a blender. Blend until chunks become very small, but are still visible.
3. Form little balls with mixture.
4. Roll in poppy seeds.

Note:

- Try squeezing lemon or ginger juice for added zing!