

3-INGREDIENT SNACK BALLS

Makes 12

Hands-on time: 20 minutes

Hands-off time: 40 minutes

INGREDIENTS

10 dates, pitted

2 cups Kellogg's Fruit Mix Granola

Pinch of salt (optional)

½ cup desiccated coconut

Serving suggestion:

Mint tea

METHOD

1. Cover the dates with boiling water and set aside to soak for 10 minutes.
2. Strain the dates and add them to a food processor together with the Kellogg's Granola Fruit Mix and salt, if using. Blend until fine, thickened and sticky. **Chef's Tip: if the mixture is too dry, add a splash of water to achieve stickiness.*
3. Spoon the blended mixture into a mixing bowl, cover with plastic wrap and refrigerate for 10 minutes.
4. Spoon a tablespoonful of the date mixture and, using your hands, roll the mixture into a ball. Roll in the coconut, pressing it lightly so that the coconut adheres. Shake off the excess coconut. Repeat with the rest of the date mixture. **Chef's Tip: These date balls can last for up to 10 days when stored in an airtight container between layers of baking paper.*
5. Serve the date balls with mint tea and ENJOY!