

## **Date/Nut Balls-Plain**

### **Ingredients:**

1. 300g pitted Dates
2. 250 g Almonds
3. 100g Stone milled Oat
4. Sesame or Coconut flakes

### **Preparation:**

1. Weigh 100 g grain.
2. Set your stone mill to fine; remember the mill must be switched on.
3. With the mill switched on pour the grain in the hopper.
4. In a Magimix or similar low speed mixer, grind the almonds to a medium broken consistency.
5. Add the dates and mix until a dough.
6. Role in balls and cover with sesame seeds or coconut flakes.

Enjoy it

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