

Date/Nut Balls - Plain

Ingredients:

1. 1 Cup Dates, pitted
2. 1 & ½ cups Almonds
3. ½ cup Oat grain
4. 2 Tbsp Coconut butter
5. Sesame or Coconut flakes

Preparation:

1. Weigh 100 g grain.
2. Set your stone mill to a medium course setting; 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 all the ingredients and mix until a dough.
6. Role in balls and cover with sesame seeds or coconut flakes.

Enjoy it &



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