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Would you like to try Nani's secret recipe for energy date balls?

Here is what you will need:

- 3 cups of pitted dates
- 1 tsp chia seeds (if you like)
- 3 tsp honey
- 1 cup of ground almonds
- 1 cup finely shredded coconut
- 3 tsp cocoa powder
- 2 tsp of rainbow sprinkles (Aliya insisted Nani add this to her recipe)



This is what you have to do:

Soak the dates in warm water for 2-3 minutes.

Drain the water.

Combine the drained dates with honey, chia seeds, ground almonds and cocoa powder.

Put the mixture into a food processor and blend, or, you can mix it together using a fork instead.

Once everything is mixed well, roll a small amount of the mixture into a small ball and coat it with either finely shredded coconut, cocoa powder or sprinkles.

You can also put the balls on lollipop sticks and dip them in melted chocolate. Don't forget to make a list of all the people you want to share your yummy date balls with!

Energy Date Balls

① Soak the dates in warm water for 2-3 mins



o 1 tsp chia seeds + 3 tsp cocoa powder



② Drain the water



Roll into small balls and add cocoa powder, coconut or sprinkles as toppings

⑤



(Align insisted Nani add this)

③ Combine the dates with honey, chia seeds, ground almonds and cocoa powder



④ Put the mixture into a food processor (with adult supervision!) and blend, or use a fork.

