



Cinnamon and Apple Energy balls



Ingredients:

175g dried apples, 110g pitted dates, 45g rolled oats, ½ tsp of cinnamon.

Method:

Combine all of the ingredients in a food processor and whizz until it forms a thick paste. Roll into 8 balls using 1 tbsp of mixture for each ball or 12 balls using a teaspoon.

Chill for 30 mins before serving.

Mineral rich, boosts immunity and supports the brain

Dates are high in fibre and B vitamins and help stock up on mineral reserves.