

March - Date and Fig Balls

Makes about 30

Ingredients

1 Cup Coconut
1/2 Cup Walnuts finely chopped
1 Cup dates finely chopped
250g Dried figs finely chopped
1 Teaspoon Lemon Juice
1/2 Teaspoon Lemon rind

Method

- * Add together figs, dates, coconut, lemon juice and lemon rind.
- * Knead mixture well.
- * Roll into small balls then roll in finely chopped walnuts.
- * Chill in refrigerator.

Note from Tania

I simple love fruit and nuts of any variety. Some of my favourites are included in this recipe. They are a great healthy treat. Have fun with this one, feel free to improvise. These little balls of bliss are delicious served with a bowl of apple slices or bunches of green grapes. If you have a sweet tooth, you could add in a few shards of dark chocolate and roll in with the dates, figs and walnuts!

Enjoy, TK x