

## APPLE AND CINNAMON BALLS

MAKES 18-20 / PREPARE 5 MINS / FIRING 30 MINS

### Ingredients

120 g	Dried soft apple rings or apricots
2 tbsp	Chia seeds
1 tbsp	Coconut oil, melted
2 tsp	Ground cinnamon
2 tbsps	Medjool dates, pitted
2 tbsp	Apple juice
10	Walnuts

### Instructions

Place the walnuts in a food processor and pulse until you reach the texture you need – if you have small children, ensure the pieces are small enough to not pose a choking risk.

Add the rest of the ingredients to the chopped/ground walnuts and pulse a few times until they all come together and turn into a sticky but not completely smooth paste.

Take the mixture out of your food processor into a bowl. Wet your hands and shape the mixture into little balls.

You can leave them as they are or coat the balls with more chia seeds, desiccated coconut or more cinnamon. Just put a couple of tablespoons of whichever coating you have chosen in a small bowl and roll the balls in it until well coated. Transfer them to a clean plate and refrigerate for at least 30 min.

You can keep these little balls in the fridge for up to 2 weeks and they freeze well too.



### Nutrifacts



**Apples** contain good levels of FIBRE and VITAMIN C, an antioxidant that helps support the immune system, and some potassium. POTASSIUM is important to regulate blood pressure and deficiency may lead to muscle weakness and cramps, constipation & fatigue. Apples contain health-promoting plant compounds known as flavonoids that research has linked to reduced risk of cardiovascular disease. Many nutrients are found in just under the skin so wash them thoroughly, avoid peeling them and buy organic whenever possible.

**Chia seeds** contain complete PROTEIN like that in animal sources with the added benefit that they contain good levels of omega 3 fatty acids. Research shows that OMEGA 3 fats have anti-inflammatory properties, may help keep a healthy brain in old age and can protect our heart against cardiovascular disease.

**Cinnamon** is a great natural way to regulate your blood sugar as this spice can help increase insulin sensitivity.