



REMEDY
KITCHEN

These are a great healthy treat for anyone on the go! No need to feel any guilt from these tasty snacks, in fact, they are a complete power house of goodness that will fill that void till your next meal.



Apricot & Coconut OMG Balls

Ingredients

1 Cup of dried Apricots - chopped finely

1 1/2 Cups OMG Omega Porridge

1/2 Cup Pumpkin Seeds

1 Vanilla pod - cut in half, split and scraped

1/2 Teaspoon Cinnamon

2 Tablespoons Maple syrup

3 Tablespoons Coconut oil

Method

Step 1

Place all ingredients into a food processor or thermomix. Blitz until smooth or to your liking! If the ingredients aren't holding their form when rolled together you can always add more coconut oil to help bind.

Step 2

Take a tablespoon size amount and roll in a ball, then roll again to coat with desiccated coconut. Set in the fridge .

ENJOY X

Mel ♥

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FROM A CARING KITCHEN

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