



Festive Snow Balls



Enjoy these snack balls as a wholesome treat while keeping festive sugar in check! Dates provide natural sweetness and fibre, the almonds and seeds offer healthy fats and protein, and the oats help you feel fuller for longer.



10-15 min

Cook: 0 min



Beginner



Makes 12-15 balls

- **150g pitted dates**
- **75g almonds**
- **50g oats**
- **2 tbsp unsweetened cocoa powder**
- **25g shredded coconut**
- **1 tbsp chia seeds (or other milled seeds)**
- **1 tsp vanilla extract**

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Method

1. Blend the dates and almonds in a food processor until finely chopped.
2. Add the oats, cocoa powder, seeds and vanilla extract. Blend with hands or blender until the mixture forms a sticky dough.
3. If the dough isn't quite sticky enough add a drop of water.
4. Roll into small balls and coat in shredded coconut.
5. Store in an airtight container in the fridge for up to a week or freeze for up to 3 months.

Allergen Information

Contains: Nuts, Gluten, Coconut