



BABEASE MOCK'EROONS

6 MINS
PREP

SERVES
1-2

STAGE 2

SESAME
FREE

GLUTEN
FREE

DAIRY
FREE

These little jewels remind me of macaroons with the nut butter poking out the side! They are so simple to make and full of fibre, potassium, vitamins A and E. They are perfect little energy boosters and great for strengthening your immune system too! Make up a plate in the morning for an easy to eat snack during the day.

WHAT YOU NEED

6 sulphur free dried apricots (or any dried apricots will do)

6 1/2 tsp of your favourite nut butter (try almond, pistachio or hazelnut)

WHAT TO DO

1. Carefully slice the apricot to remove the stone (if there is one).
2. Put the nut butter in the space left by the stone and pop on the plate.
3. Repeat with the remaining apricots, mixing it up by using other nut butters if you like.
4. If you want to serve these to a friend, try rolling the exposed nut butter in chopped nuts to make them look fancy.