



## DATE AND ALMOND ENERGY BALLS



These tasty little balls are a great source of omegas, calcium, iron and vitamin E. This dairy-free recipe is suitable for vegetarians and also babies during stage 2 weaning!

If you don't have the time to roll into balls, they work just as well pressed into a lined cake tin and popped into the fridge to chill before cutting into bars.

### WHAT YOU NEED

100g pitted dates  
200g dried figs or prunes (or a mix of both)  
100g almonds  
2-3 tbsp almond butter  
1 tbsp honey  
1 tbsp flaxseeds  
1 tbsp chia seeds

### WHAT TO DO

1. Blend the nuts until ground (takes 30-40 seconds) then add the remaining ingredients and pulse until well blended.
2. If a little dry (dried fruit can vary in moisture) add more dates, figs or prunes until you get the desired texture.
3. Roll into balls or press into a lined tray then chill before cutting into bars.
4. Store in the fridge for up to 1 month.