



ROYAL
VOLUNTARY
SERVICE

HEALTHY NO-BAKE DATE ENERGY BALLS

by Nadia Terry

Equipment

- Bowl
- Wooden spoon
- Airtight container
- Microwave

Ingredients

- 150g of date paste (you can use your own if you steam some soft dates then mash them with a fork or blend in the food processor)
- 50g walnuts
- 50g almonds
- 50g mixed seeds or sesame seeds



- **½ tsp cinnamon**
- **tsp fennel seeds (if you prefer, add more cinnamon and fewer fennel seeds)**
- **80g roasted oats (optional)**
- **A pinch of salt**
- **1 to 2 tbsp of orange blossom water**
- **Desiccated coconut or cocoa powder**

Method

- 1. Put the date paste in a bowl and add 1 tbsp of water. Put in microwave for 1 minute or until it becomes softer (if you made your own, don't add any water. Just steam the dates and they will become nice and soft to work with).**
- 2. Blend the walnuts, almonds and seeds, then add them to the dates.**
- 3. Add the cinnamon and fennel seeds.**



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4. Add the roasted oats and orange blossom water, mix well.
5. Form small balls, roll into some desiccated coconut or cocoa powder and put in an airtight container, then enjoy them as a snack.

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