

# Apricot Bliss Balls

Food Foundations • an NAQ Nutrition program

## Ingredients:

Ingredient	Makes 20 balls	Makes 40 balls
Bananas	2 ripe	4 ripe
Sultanas	1 cup	2 cups
Dried apricots (diced)	1 cup	2 cups
Puffed rice	1 cup	2 cups
Quick cooking oats	1 cup	2 cups
Desiccated coconut	1 cup	2 cups



## Method:

1. Mash peeled bananas in a mixing bowl.
2. Add sultanas and dried apricots and mix to combine.
3. Add puffed rice and the oats to the mixture.
4. Mix together. You should end up with a moist dough-like mixture.
5. Allow to stand for at least 5 minutes.
6. Shape into small balls with your hands. Roll balls in the coconut, to coat each ball.
7. Serve immediately or refrigerate for up to 3 days.

Food group	Serves provided per portion
Fruit	0.5
Grain (cereal) foods	0.25