

# Vitamin Power Balls

## Ingredients

40g whole blanched almonds  
10 dates, pitted  
40g dried sour cherries  
20g dark chocolate, grated  
30g apricots  
¼ avocado  
½ tsp vanilla bean paste  
½ tsp runny honey  
1 tbsp natural yoghurt  
125g desiccated coconut  
Handful of ground almonds, if needed

## Method

1. Place all the ingredients into a food processor and blend until the mix comes to a ball.
2. With an adult's help, carefully remove the blade from the food processor and then roll the mix into 8 to 12 balls.
3. Sprinkle the desiccated coconut onto a large plate or tray, and roll each ball in the coconut.
4. Keep the balls in the fridge until you're ready to eat them. The fridge will help firm the balls up.

**Note:** If your mix is a little too wet, just add a handful of ground almonds and blend again.

## Remember!

Always ask an adult for help when using hot, sharp or heavy objects in the kitchen.



## You will need

Food processor  
Large plate or tray

matilda  
and the  
Ramsay bunch