

Chia Fruit Balls



Great for when you need an energy boost on the go

Ingredients

- 1 cup Community Co Pitted Dates*
- 1/3 cup Community Co Dried Cranberries*
- 1/3 cup Community Co Aussie Currants*
- 1/2 cup Community Co Dried Apricots*
- 1 tbsp Community Co Aussie Black Chia Seeds*
- 1 tbsp white chia seeds
- 2 tbsp honey
- 1 tbsp Community Co Aussie Black Chia Seeds* (to coat)
- 1 tbsp white chia seeds (to coat)

Method:

1. Line a baking tray with baking paper
2. Place all ingredients in a food processor and process until finely chopped.

3. With wet hands, roll 1 tbsp mixture into a ball. Roll each ball in black and white chia seeds.
Place on prepared tray. Repeat with remaining mixture.
4. Chill in fridge for 30 minutes or until firm before serving. Store in an airtight container in the fridge for up to 1 month.