

KATES POWER SNACKS (CINNAMON & DATE)

Ingredients (makes ca. 25)

200g ground Almonds

50g Walnuts

200g Soft Pitted Dates

1/4 Teaspoon Salt

1 Teaspoon Vanilla essence

4 Dessert Spoons Water

(You may need 4-6 more Dessert Spoons of water if the dates are too dry)

1 1/2 Dessert Spoons Cinnamon

Preparation

1. Put ground almonds and walnuts in the food processor and pulse together for 4-5 seconds.
2. Add dates, salt, vanilla essence, cinnamon and water and mix together in the food processor until a soft dough forms.
3. Roll the cinnamon dough into about 25 balls and put on a tray that fits into the freezer.
4. Take out the cinnamon balls as you need them. They keep for about 6 months when frozen.

TIP: If you want to, you can roll the dough into long sausage and cover in cling film. Freeze and then slice off pieces as you need them.

KÜCHENSCHMIDE



