

APPLE PIE OAT BLISS BALLS

1 cup apple dried rings

150g dates

½ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

½ cup rolled oats



Soak dates in hot water for 10 mins. Drain water.

Put all the ingredients into a food processor and process until sticky.

Roll into little bite size balls.

Source: kidgredients.com.au