

Apricot balls

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Apricot balls

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Mel B from thekindcook.com shares some simple lunchtime snacks.

Ingredients (makes 24 balls)

- 1 x 225g pack organic, 'super juicy' apricots
- ½ cup desiccated coconut
- An additional ¼ cup of desiccated coconut

Method

Blend the first two ingredients in a food processor until they are combined and smooth in texture.

Place the additional quarter of a cup of coconut onto a tray.

Roll the apricot mixture into balls, about a heaped teaspoon per ball. Place the balls onto the tray where you put the additional coconut. Shake the tray back and forth until all the balls are covered in coconut.

Place the apricot balls into an airtight container and refrigerate.

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Note: If you can't find 'super juicy apricots', which are much stickier than normal apricots, just add a little pure maple syrup when you blend the apricots and coconut together. You may also need to coat the balls in a little water when you roll them in the additional coconut.

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