



*"Thriving minds, active bodies,
nurtured hearts."*

Choc Pretzel Bliss Balls + Seasonal Fresh Fruit

Week 3, Wednesday, Afternoon Tea.

Ingredients:

Serves 65

2 x 400g packet of dates
 $\frac{3}{4}$ cup sultanas
 $\frac{3}{4}$ cup desiccated coconut
 $\frac{3}{4}$ cup wholegrain oats
Pretzels
2 Tbsp cocoa
2 Tbsp oil
4 Tbsp water

Method:

1. Crush the pretzels in a food processor or with a rolling pin.
2. In a food processor place dates, sultanas, coconut, oats, pretzels and cocoa. Start the processor and add the oil and water. You may need to turn off the processor and manually mix to enable even blending of the ingredients.

Note:

It may help to soak the dates in warm water for a 5 minutes first.

