



Dried Fruit Candies

Total: 5 min · Prep: 5 min · 9 servings · Easy · Desserts

Vegetarian

Vegan

Dairy-Free

INGREDIENTS

60 g Dried apricots

60 g Prunes

50 g Dates

50 g Almond

50 g Walnuts

10 g Oats

10 g Shredded coconut

INSTRUCTIONS

- 1 Chop the nuts into small pieces.
- 2 Pass the dried fruits through a meat grinder or blend until smooth.
- 3 Mix the nuts, dried fruits, and oats until uniform.
- 4 Form small balls from the mixture.
- 5 Roll the balls in shredded coconut, sesame seeds, or cocoa powder.
- 6 Store the candies in the freezer.

Nutrition per serving: 128 kcal · Protein 3.0 g · Fat 9.0 g · Carbs 12.0 g · Fiber 1.4 g