

# Dry Fruit Balls

## INGREDIENTS

1 cup dried fruits (dates, prunes, figs, dried cherries, dried apricots, etc.)

¾ cup of nuts and/or seeds (almonds, walnuts, pecans, pine nuts, macadamia nuts, hazelnuts, sunflower seeds, poppy seeds, sesame seeds, pumpkin seeds, etc.)

¼ cup coconut, unsweetened and shredded

¼ tsp of vanilla extract

## METHOD

1. Place all the ingredients into a food processor.
  2. Blend until everything is well chopped and the mixture begins forming a uniform clump in the bowl of the processor.
  3. Carefully remove the blade. Take small amount of the mixture and roll it between palms to form a ball. Continue this process until the whole mixture has been rolled into balls.
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