


Festive Blitz Balls

Serves: 16

Prep time: 40 minutes

Cook time: 0 minutes

 ½ serve per portion

Ingredients

350g sweet potato, peeled and grated

¼ cup water

⅓ cup dried apricots

3 cups almond meal

1 teaspoon cinnamon

1 tablespoon skim sweetened condensed milk

2 tablespoon pepitas (pumpkin seeds)

2 tablespoon pistachio nuts

½ cup dried cranberries

½ cup desiccated coconut

Method

PLACE the sweet potato and water in covered microwavable bowl and steam on high for 4 minutes until soft. Drain and leave to cool.

BLITZ apricots in a food processor for 1-2 seconds or until finely chopped.

COMBINE apricots, almond meal, cinnamon and condensed milk in a large bowl. Add cooled sweet potato and mix well until combined.

BLITZ pepitas and pistachios until finely chopped. Transfer to a plate.

BLITZ the cranberries until finely chopped. Transfer to a second plate and mix in half the coconut.

PLACE remaining coconut on a third plate.

ROLL level tablespoons of the sweet potato mixture into balls, using washed and clean hands.

ROLL one third of the balls in the pistachio and pepita mix, one third in the cranberry mix and the remaining third in the coconut.

STORE blitz balls in an airtight container in a cool, dry place for up to 5 days, or in the fridge for up to 2 weeks.



Discretionary Food

Recipe courtesy of Judy Stubbs, Maleny Branch