

# Date balls

Traffic light category: **Amber**

Serves: 60

## Ingredients

- » 200g polyunsaturated or monounsaturated margarine
- » 500g dried dates, chopped
- » 200g Milk Arrowroot biscuits
- » 1 cup white sugar
- » 1 teaspoon vanilla essence
- » Dessicated coconut to roll date balls

## Method

1. Melt margarine and sugar in a saucepan, stirring until sugar has dissolved
2. Add chopped dates and cook until dates are soft and mushy, allow to cool
3. Break biscuits into small pieces; add vanilla and biscuits to date mixture and combine well
4. Roll mixture in wet palms until a small ball is formed then roll lightly in coconut
5. Place in fridge.

### Nutrition information panel

Nutrient	Per serve	Per 100g
Weight	20g	100g
Energy	324kJ	1688kJ
Protein	0.4g	2.3g
Total fat	3.3g	17g
Saturated fat	1.1g	5.8g
Carbohydrate	11.5g	60g
Sugars	9.8g	51g
Dietary fibre	1g	5g
Sodium	19mg	103mg

