



Date Balls

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No time to roll, no worries - at step four place mix in to a lamington time and press down evenly, sprinkle with coconut and refrigerate.

For a gluten free option, choose gluten free biscuits.

Traffic light category: Amber Serves: 60

Ingredients

- 200g margarine
- 3/4 cup sugar
- 500g dried dates, pitted, chopped
- 1 teaspoon vanilla essence
- 150g Milk Arrowroot biscuits
- 25g pumpkin seeds
- 25g sunflower seeds
- Desiccated coconut to roll date balls (approx. 1-2 cups)

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; add vanilla, stir; allow to cool
3. Break biscuits into small piece; add to date mixture; add seeds; combine well
4. Roll mixture in wet palms until a small ball is formed then roll lightly in coconut
5. Place in fridge for at least 2 hours
6. Keep in the fridge in an airtight container for up to 2 weeks



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