

Makes 30

Ingredients

- 2 cups rolled oats
- 2 cups dried apricot
- 2 cups rice puff cereal
- ¼ cup honey
- 2 tablespoons monounsaturated margarine
- 1 teaspoon vanilla extract
- Desiccated coconut for coating



Method

1. Place all ingredients into a food processor, blend until well combined.
2. Using clean wet hands roll teaspoons of the mixture into ball shapes.
3. Toss in desiccated coconut.

NUTRITION INFORMATION		
Servings per recipe: 50		
Average serving size: 16.6g (1 bite)		
	Per serve	Per 100g
Kilojoules (kJ)	230	1386
Protein (g)	1.0	5.8
Total fat (g)	2.0	11.8
- Saturated fat (g)	1.3	7.6
Carbohydrates (g)	7.9	47.4
- Sugars (g)	4.4	26.2
Fibre (g)	1.3	7.7
Sodium (mg)	16	96

This recipe meets the **AMBER** criteria in the National Healthy School Canteen Guidelines