

### FRUIT BALLS

### Shopping List



**Pumpkin seeds**



**raisins**



**Sunflower seeds**



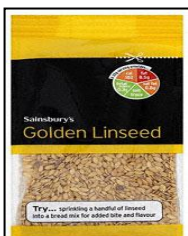
**apricots**



**Sesame seeds**



**walnuts**



**linseed**



**Desiccated  
coconut**



**oats**



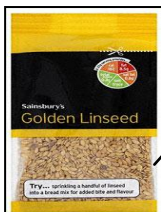
**prunes**

Stoned dates



What to do

1


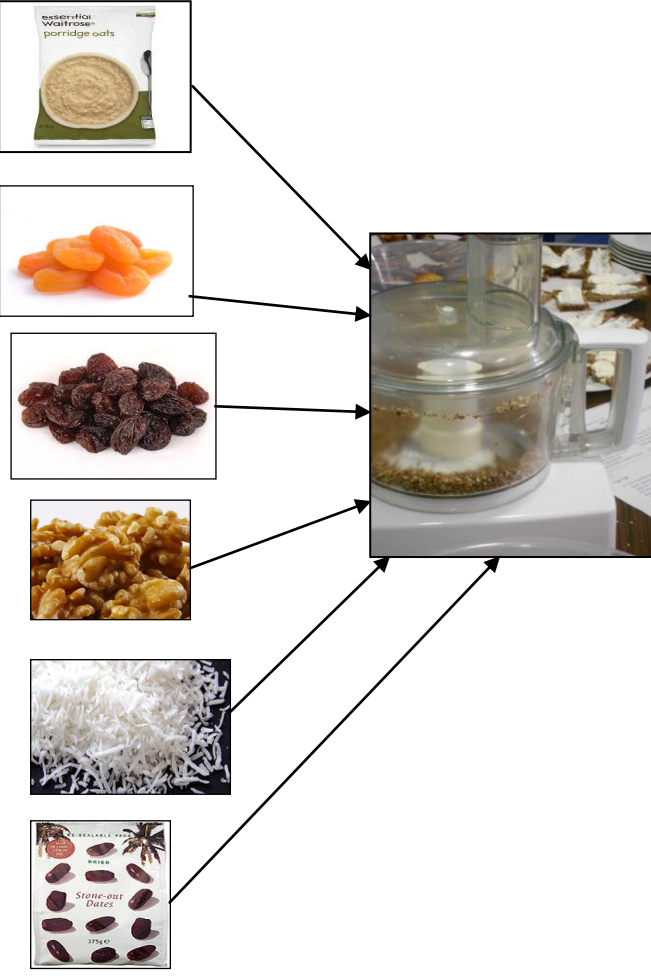







Put a handful  of

- Sunflower seeds
- Pumpkin seeds
- Linseed
- Sesame seeds

Into a food processor

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<p>2</p>		<p>Grind them until they're in very small bits</p>
<p>3</p>		<p>Add a handful  of everything else</p>

4		Grind until the mixture is sticky
5		If it's a bit dry add a little water or fruit juice
6		Roll the mixture into little balls
7		Put them in the fridge to set more if you have time