



APRICOT & GINGER BLISS BALLS

BY MRS J'S KITCHEN

INGREDIENTS

- 240g Dried Apricots
- 65g Weet-bix (approx. 4 pieces)
- ½ tsp Ginger Powder (Optional)
- 1 Tbsp Coconut oil (Melted)
- ½ Cup Desiccated Coconut
- 1 Tbsp Maple Syrup
- Extra desiccated coconut for rolling the bliss balls in

METHOD

1. Add all the ingredients in to the food processor.
2. Process on high until the mixture comes together. Test shaping the mixture into a ball, if the mixture is too dry, add a little more coconut oil.
3. Transfer the mixture to a bowl and roll into a 25g ball.
4. Roll the balls in the extra desiccated coconut. Let set in the fridge for 3-4 hours.

Makes around 18 pieces.



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NOTES

- This recipe requires 65g of Weet-bix or the equivalent of four Weet-bix but it's also a great way to use up the crumbs at the bottom of the box.
- Dried ginger is optional.
- The maple syrup can be substituted for agave or honey.
- You can serve immediately after you make them, there is no need to refrigerate them, although they serve a little nicer when firmer.
- Keep in a sealed container in the fridge for up to one week or in the freezer for up to 3 months.

FLIP PAGE FOR BAKED OAT SLICE RECIPE



BAKED OAT SLICE

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INGREDIENTS

- 110g Dates
- 2 Tbsp Maple Syrup
- 2 Apples, grated
- 2 Bananas
- 1 egg
- ½ Cup Milk
- ½ Cup Rolled Oats
- 1 Cup Whole Meal Self-Rising Flour
- 1 Tbsp Cinnamon
- 1 Tbsp Mixed Spice

METHOD

1. Pre-heat oven to 160 degrees.
2. Soak the dates in boiling water for 10 minutes.
3. In a mixing bowl mash the two bananas then add the two grated apples, egg, milk and maple syrup.
4. Chop up the soaked dates and add in with the wet mixture and combine.



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5. In a separate bowl add in rolled oats, whole meal flour, cinnamon, and mixed spice and combine.
6. Create a well in the centre of the dry mixture and add in all your wet ingredients.
7. Completely combine both mixtures and transfer the mix to a 23x23cm square baking tin.
8. Bake for 15-18 minutes on 160 degrees.
9. Once cooked, remove the slice from the baking tin and let cool on a cooling rack. Once cooled, cut into your desired size and enjoy!

NOTES

- If you are making this recipe for the purpose not to be sent in school lunch box, I like to add ½ cup of unsalted chopped nuts and ¼ cup of chocolate chips.
- Yes, you can substitute the milk for a non-dairy option and also the maple syrup for honey or agave.
- Store in an airtight container in the fridge for a maximum of five days.

FLIP PAGE FOR RAW CHICKPEA COOKIE
DOUGH RECIPE



RAW CHICKPEA COOKIE DOUGH

BY MRS J'S KITCHEN

INGREDIENTS

- 1 x 400g Can Chickpeas plus reserved liquid from can
- ¼ Cup Maple Syrup or Agave Syrup or Rice Malt Syrup
- 1/3 Cup Tahini
- ½ Cup Chocolate Chips

METHOD

1. Drain and rinse the can of chickpeas (reserve the liquid from the can, see notes for details). Add the chickpeas, chosen syrup and tahini into the food processor and blitz until smooth.
2. Transfer the mixture into a bowl and with a spoon stir through the chocolate chips. Use an ice cream scoop to form the mixture into a dome shape and serve on a plate. Sprinkle with extra chocolate chips if desired.

NOTES

- You can serve immediately or keep in the fridge for up to 3 days.
- Use the reserved liquid from the chickpea can for things such as an egg replacement to make meringues, macarons, marshmallows and more!

Thank you to Louise from Mrs J's Kitchen for showing us how to prepare these delectable delights!