

Rudolph bites



Recipe: Rudolph Bites

Serves: 12

Prep Time: 20 minutes | Chill Time: 1 hour

Ingredients:

8 medjool dates, pitted

60ml hot water

20g Nesquik Chocolate Milkshake Powder

2 tbsp milled flax seed

40g rolled oats

2 tsp chia seeds

1 tbsp desiccated coconut

To decorate:

2 tbsp puffed rice

2 tbsp pomegranate seed

6 plain pretzels, broken in half

Method:

1. Add the medjool dates and hot water to a bowl and set aside to soften.

2. Pulse the oats in a food processor until they have broken up but still have a chunky texture. Add all the remaining dry ingredients and pulse again until everything is mixed.

3. Add the softened dates and water and continue to pulse until you have a dough like consistency. You may have to add a spoon extra of hot water if your mixture is too thick.

4. Decant the mix into a bowl and roll into 10 balls and place on a large plate or lined baking tray.

5. Press two pieces of puffed rice and a pomegranate seed into the ball for eyes and nose and two pieces of pretzels in to the top for antlers.

6. Pop into the fridge for an hour or until set.

Each rudolph bite (1/12) typically contains:

Energy	Fat	Saturates	Sugars	Salt
354 kJ 84 kcal	1.3 g	0.3 g	9.6 g	0.01 g
4%	2%	2%	11%	0%

of an adults Reference Intake (RI)*

Energy per 100g: 1151 kJ / 273 kcal