

# Whitworths

## Spiced Fruity Nut Bites



### INGREDIENTS

150g Whitworths Chopped Almonds  
150g Whitworths Chopped Sayer Dates  
100g Whitworths Juice Locked Raisins  
50g Whitworths Desiccated Coconut  
45g rolled porridge oats  
1 tsp ground cinnamon  
40g honey

 Makes 20  40mins  30mins

### READY...STEADY...BAKE

- ♥ Place the almonds into a food processor then whizz for 8-10 minutes until the mixture forms a 'paste', freeing from the edges occasionally.
- ♥ Add the dates, raisins, oats, cinnamon and honey then whizz for a further 1 minute or until the mixture comes together.
- ♥ Divide into 20 (roughly 20g each) then roll into balls.
- ♥ Roll each of the balls in the coconut, pressing lightly, until evenly coated then cover and refrigerate for 30 minutes, until firm.

for more recipes visit [www.whitworths.co.uk](http://www.whitworths.co.uk)

## Healthier baking to snack on!