

XCentric Ideas

Dried Fruit Energy Balls!

Recipes : Internet & Alma
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All Photo's: Alma Pretorius

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WHY ENERGY BALLS?

When you eliminate cakes, sweets, tarts, milkshakes & ice creams a little sweet bite is always handy. But can it be healthy? Can it be easy to make?

Woolworths and Pick 'n Pay has jumped on the 'raw energy ball' bandwagon and sell them for R20 – 3 in a packet. I must have tried most of them ... some are nice.

So I started to look for homemade raw energy balls ... and found a recipe, although it uses nuts, sunflower seeds, dried fruit, raisins and more. I did make it, but still thought it's just too many ingredients....

Woolworths actually helped me find a really quick and easy version ... for Father's Day, they have this 75g square box of 'raw salted brownie bites' – R49,99! Searched online and found this amazing 3 ingredient 'salted brownie bite' recipe.

I adapted it (a la Alma-style) and made a few other versions. All are just fabulous!!! You do need a **food processor** – a smoothie blender won't do the trick (I've tried.)

My version of the balls I've actually kept in a sealed bag/container at room temperature ... and they are fabulous. The flavors are just so more pronounced (than when it's refrigerated.)

Suggestion: keep the balls in fridge (or even freezer) but let them **adapt** to **room temperature** before eating. So they'll be perfect for lunch boxes, hikes, etc.

Be aware: these are dried fruit, so although no extra sugar or honey is added, the fruit still contain sugars – and the nuts contain fat. Also, don't pop too many in your mouth at 1 go ... you may have a tummy ache!

The main secret to these balls? **SOFT** (not hard) dried fruit!!!

GIVE ENERGY BALLS AS GIFT ...



Take one of the recipes, print (or write) it out – fill a glass container with the correct measured ingredients – tie pretty ribbon around the neck and attach the recipe.

Use mini cupcake wrappers, place them in a small box with your homemade energy balls. You can also add the recipe.

Or place the energy balls in a pretty glass jar and decorate with ribbon.

Or place the energy balls in a small cellophane bag, close with a ribbon.



Photos: Alma Pretorius

APPLE DATE PEANUT BALLS

- 1 cup salted peanuts *
- 1 cup sunflower seeds
- 1 cup pitted raisins **
- 1 cup SOFT dried apple rings, chopped small
- About 60 g soft dried dates, cut smaller***
- ¼ teaspoon ground cinnamon
- ¼ teaspoon vanilla essence
- Pinch of salt
- 6 teaspoons of room temperature water



In food processor, grind the nuts and seeds till crumbly. Add rest of ingredients and blend – it won't come together – that's okay. Take teaspoon size mixture, 'squish' tightly in 1 fist, then 'squish' in other fist, roll in balls, put onto cookie sheet (plate) and refrigerate. After 1 hour, you can put balls into sealed bags / sealed containers.

Note: You can leave balls in bag/container at room temperature – perfect for lunch boxes or hikes. OR Leave balls in fridge/freezer – but if you want to eat them, LET THEM THAW to room temperature. The flavors are just amazing!

*You can use other nuts – raw or salted

**Instead of raisins, use more apple rings.

***Always cut your dates – I've found many pits still hidden inside the dried fruit.

Recipe: adapted by Alma Pretorius from (I forgot!)

APRICOT RAISIN BALLS



1 cup salted peanuts (or raw / salted nuts)
1 cup sunflower seeds
1 cup pitted raisins*
1 cup **SOFT** dried apricots, chopped small
About 60 g soft dried dates, cut into smaller bits **
¼ teaspoon ground cinnamon
¼ teaspoon vanilla essence
Pinch of salt
6 teaspoons of room temperature water

Place peanuts (nuts) and sunflower seeds in food processor and blend till crumbly texture. Add the raisins, soft apricots, dates, cinnamon, vanilla and water. Blend for a minute or so. It won't come together in a ball. That's okay.

Take tablespoon mixture – 'squish' in 1 hand, transfer to other hand and 'squish' again to 'mold' it together. Roll carefully into balls and place in single layer onto plate/baking sheet and refrigerate for an hour. After 1 hour, you can put balls into sealed bags / sealed containers.

Note: You can leave balls in bag/container at room temperature – perfect for lunch boxes or hikes. OR Leave balls in fridge/freezer – but if you want to eat them, LET THEM THAW to room temperature. The flavors are just amazing!

*Instead of raisins, use more **SOFT** apricots.

**Always cut your dates – I've found many pits still hidden inside the dried fruit.

Recipe: Alma Pretorius

PINA COLADA BALLS

100 g salted peanuts (or raw / salted nuts)
100 g soft dried dates, cut in small pieces*
100 g **SOFT** dried pineapples, chopped fine
4 tablespoons room temperature water
40 g Coconut flakes (not desiccated coconut)

Place peanuts (nuts) in food processor and blend till crumbly texture.
Add the dates, pineapple, coconut and water. Blend for a minute or so.
It won't come together in a ball. That's okay.

Take tablespoon mixture – 'squish' in 1 hand, transfer to other hand and 'squish' again to 'mold' it together.

Roll carefully into balls and place in single layer onto plate/baking sheet and refrigerate for an hour.
After 1 hour, you can put balls into sealed bags / sealed containers.

Note: You can leave balls in bag/container at room temperature – perfect for lunch boxes or hikes. OR Leave balls in fridge/freezer – but if you want to eat them, LET THEM THAW to room temperature. The flavors are just amazing!

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Recipe: Alma Pretorius



SPICED PEAR DATE BALLS

115 g salted peanuts (or raw/salted nuts)
100 g soft dried dates, cut into smaller pieces *
100 g soft dried pears, cut smaller
1 teaspoon Robertson / Woolworths Mixed Spice
1 tablespoon room temperature water

Place peanuts (nuts) in food processor and blend till crumbly. Add the dates, pears, spices & water and blend. It won't come together in a ball. That's okay.

Take 1 tablespoon mixture – squish in 1 hand, squish in other hand, roll into ball and put onto baking sheet / plate. Refrigerate for 1 hour. After 1 hour, you can put balls into sealed bags / sealed containers.

Note: You can leave balls in bag/container at room temperature – perfect for lunch boxes or hikes. OR Leave balls in fridge/freezer – but if you want to eat them, LET THEM THAW to room temperature. The flavors are just amazing!

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Recipe: Alma Pretorius

DATE COCONUT BALLS



90 g pitted dates, cut into smaller pieces *
¼ cup desiccated coconut
1 tablespoon room temperature water

Put dates into food processor and blend. Add the coconut and water and blend. It won't come together in a ball. That's okay.

Take tablespoon or teaspoon size mixture, 'squish' in 1 hand, then 'squish' in other hand, carefully roll a ball and place single layer on plate / baking sheet and refrigerate for 1 hour. After 1 hour, you can put balls into sealed bags / sealed containers.

Note: You can leave balls in bag/container at room temperature – perfect for lunch boxes or hikes. OR Leave balls in fridge/freezer – but if you want to eat them, LET THEM THAW to room temperature. The flavors are just amazing!

* Always cut your dates – I've found many pits still hidden inside the dried fruit.

Recipe: Alma Pretorius



BANANA DATE BALLS

100 g salted peanuts (or raw / salted nuts)
100 g **SOFT** dried bananas (not crisp dried pieces), cut smaller
100 g soft dried dates, cut into smaller pieces *
1 teaspoon ground cinnamon
2 tablespoons room temperature water
1 teaspoon vanilla essence/extract

Place peanuts (nuts) in food processor and blend till crumbly texture.

Add the dates, bananas, cinnamon, vanilla and water. Blend for a minute or so.

It won't come together in a ball. That's okay.

Take tablespoon mixture – 'squish' in 1 hand, transfer to other hand and 'squish' again to 'mold' it together.

Roll carefully into balls and place in single layer onto plate/baking sheet and refrigerate for an hour.

After 1 hour, you can put balls into sealed bags / sealed containers.

Note: You can leave balls in bag/container at room temperature – perfect for lunch boxes or hikes. OR Leave balls in fridge/freezer – but if you want to eat them, LET THEM THAW to room temperature. The flavors are just amazing!

* Always cut your dates – I've found many pits still hidden inside the dried fruit.

APPLE PIE BALLS

- 100 g salted peanuts (or raw / salted nuts)
- 100 g soft dried dates, cut in small pieces*
- 100 g SOFT dried apples, chopped fine
- 1 tablespoon room temperature water
- 1 teaspoon vanilla
- 1 teaspoon Robertsons / Woolworths Mixed Spice

Place peanuts (nuts) in food processor and blend till crumbly texture.
Add the dates, apples, vanilla, mixed spices and water. Blend for a minute or so.
It won't come together in a ball. That's okay.
Take tablespoon mixture – 'squish' in 1 hand, transfer to other hand and 'squish' again to 'mold' it together.
Roll carefully into balls and place in single layer onto plate/baking sheet and refrigerate for an hour.
After 1 hour, you can put balls into sealed bags / sealed containers.

Note: You can leave balls in bag/container at room temperature – perfect for lunch boxes or hikes. OR Leave balls in fridge/freezer – but if you want to eat them, LET THEM THAW to room temperature. The flavors are just amazing!

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Recipe: Alma Pretorius



SALTED BROWNIE BALLS

115 g salted peanuts (or raw/salted nuts*)
200 g soft dried dates, cut into smaller pieces**
2 tablespoons raw / unsweetened cacao powder
1 tablespoon tap water

Place peanuts (nuts) in food processor and blend till crumbly texture.

Add the dates, cacao and water. Blend for a minute or so.

It won't come together in a ball. That's okay.

Take tablespoon mixture – 'squish' in 1 hand, transfer to other hand and 'squish' again to 'mold' it together.

Roll carefully into balls and place in single layer onto plate/baking sheet and refrigerate for an hour.

After 1 hour, you can put balls into sealed bags / sealed containers.

Note: You can leave balls in bag/container at room temperature – perfect for lunch boxes or hikes. OR Leave balls in fridge/freezer – but if you want to eat them, LET THEM THAW to room temperature. The flavors are just amazing!

*if you use raw nuts, add little bit of salt to mixture!!

** YOU HAVE TO CUT YOUR DRIED DATES SMALLER!!!! My last batch I found a few pits in the bag.

Recipe: Adapted by Alma Pretorius from <https://simpleveganblog.com/3-ingredient-raw-cacao-bites/>

SALTED CITRUS BROWNIE BALLS



- 100 g salted peanuts (or raw /salted nuts) *
- 100 g soft dried dates, cut in small pieces **
- 2 tablespoons raw / unsweetened cacao powder
- 100 g dried citrus peel, chopped fine
- 1 tablespoon room temperature water

Place peanuts (nuts) in food processor and blend till crumbly texture.

Add the dates, cacao powder, citrus peel and water. Blend for a minute or so.

It won't come together in a ball. That's okay.

Take tablespoon mixture – 'squish' in 1 hand, transfer to other hand and 'squish' again to 'mold' it together.

Roll carefully into balls and place in single layer onto plate/baking sheet and refrigerate for an hour.

After 1 hour, you can put balls into sealed bags / sealed containers.

Note: You can leave balls in bag/container at room temperature – perfect for lunch boxes or hikes. OR Leave balls in fridge/freezer – but if you want to eat them, LET THEM THAW to room temperature. The flavors are just amazing!

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