

Carob Balls

Ingredients:

- $\frac{1}{2}$ cup carob powder
- 1 cup coconut
- 1 dessertspoon honey
- $\frac{1}{4}$ cup sultanas
- $\frac{3}{4}$ cup soy compound
- $\frac{1}{4}$ cup chopped carob buds
- $\frac{1}{4}$ cup chopped almonds or apricots
- $\frac{1}{2}$ cup water



Mix all ingredients together except water. Add enough water to mix to a stiff dough. Roll into balls and then roll in extra coconut or chopped nuts to give an even coating. Chill.

Date & Almond Balls

Ingredients:

- 3 cups coarsely chopped dates
- 3 tspns finely grated orange rind
- $\frac{2}{3}$ cups blanched almonds
- 1 tbspn honey
- $\frac{1}{4}$ tspn ground cardamom
- $\frac{1}{4}$ teaspoon desiccated coconut



Method:

1. Place all ingredients, except coconut in a food processor. Process mixture until a paste forms.
2. With wet hands; roll into balls and roll in coconut. Chill in refrigerator.