

## **Apricot and Tahini Balls**

These make fab snacks to take into work or to eat before a workout to give you some energy. If you don't have tahini then you can just as easily use peanut butter.



You'll need;

- 1 cup almonds
- 1 cup dried apricots
- ½ cup milled flaxseeds
- 1 apple, grated
- 1 tablespoon tahini (or peanut butter)
- Juice of one large orange
- 1 tablespoon maple syrup

Just place all of the ingredients into a food processor and mix until everything is almost smooth.

Roll into small balls and keep in the fridge.