



Traffic light category: **Amber** Serves: 35

## Ingredients

- 400g dried pitted dates
- 1½ cups water
- 8 and ½ Weet-Bix, crumbled finely
- ¼ cup unsweetened cocoa powder
- 3 tablespoons honey
- ½ cup unsweetened cocoa powder, for rolling

## Method

1. Place dates and water in a heavy based saucepan over medium heat, stir until dates have softened, approx 10 minutes
2. Remove dates from heat, stir in all other ingredients. Combine well with a handheld blender. If the mix seems very dry add up to ½ cup extra water.
3. Using wet hands form mixture into small walnut sized balls, roll in extra cocoa and refrigerate until ready to serve.

*Recipe adapted with permission from the Western Australian School Canteen Association Inc. Original recipe from Esperance Primary School.*

**Hungry for more?**

Contact the Fuel to Go & Play® team  
08 9264 4999 | [fueltoغو@education.wa.edu.au](mailto:fueltoغو@education.wa.edu.au)