



Traffic light category: **Green** Serves: **12**

## Ingredients

- 1 cup pitted dates
- 1½ cups rolled oats
- ¼ cup pumpkin puree
- 1 tablespoon unsweetened cocoa powder
- 2 teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg

## Method

1. Place dates in small bowl and cover with boiling water. Soak for 10 minutes then drain well
2. Blitz oats in a blender until they resemble bread crumbs, add dates and blitz again
3. Add all ingredients to a large bowl and mix well
4. Cover mix and place in refrigerator for 30 minutes or overnight
5. Portion out mix and roll into balls using damp hands
6. Store in an airtight container in the refrigerator

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08 9264 4999 | [fueltoغو@education.wa.edu.au](mailto:fueltoغو@education.wa.edu.au)