



## Fruity treats

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This is a tasty treat that helps to contribute to your 5+ a Day to share with friends and family.

## Ingredients:

- 500g dates, dried
- 1 cup walnuts, unroasted and unsalted
- 100g dark chocolate
- Rind of 1 orange
- 1 tsp walnuts, finely chopped

## Directions:

Place the dates, walnuts and orange rind into a blender and blend until it forms a ball.

Scoop one teaspoon of the mixture out at a time and roll into a tight ball. Place the balls on some baking paper while you roll the rest of the mixture.

Simmer a pot of water over an element. Place a heatproof bowl over the simmering water to make a double boiler. Pour the chocolate into the bowl and stir regularly until the chocolate has melted then remove from the heat.

Roll the fruit balls through the chocolate and place them back onto the baking paper. Sprinkle the leftover walnuts over the chocolate before they set.

Serve with some fruit or by themselves as a small treat.

## Cook's tip:

Remember, these are a treat, and you should not eat these too often. Dried fruit is a great way of getting a fruit serving, but don't forget that dates used to be quite a lot larger before they were dried.