

DATE & BANANA BALLS

Makes: 48 small balls

1 serve = 3 balls

Ingredients

4 small bananas

3 cups milk powder

1 cup barley bran

3 cups chopped dates

3 cups sultanas

1 cup desiccated coconut

Method

1. Mash bananas, add milk powder and bran, and mix until smooth.
2. Add dates and sultanas, and mix well, or vitamise, until mixture sticks together.
3. Form heaped desertspoons of the mixture into balls and roll in the coconut.
4. Refrigerate for at least 2 hours before serving.

