

Fruitballs

Preparation Time 15-30 minutes (nil cooking required)

Ingredients	Makes 10	Makes 20	Makes 30
• Bananas, peeled	2 (360g)	4 (720g)	6 (1kg)
• Raisins	1½ cups (260g)	3 cups (525g)	4 cups (700g)
• Apricots, dried, chopped	1½ cups (200g)	2½ cups (400g)	4 cups (600g)
• Puffed rice	1½ cups	3 cups	4½ cups
• Quick cooking oats	½ cup (75g)	1 cup (150g)	1½ cups (225g)
• Ground cinnamon	½ tsp	1 tsp	1½ tsp
• Ground cumin	½ tsp	1 tsp	1½ tsp
• Ground cardamon	½ tsp	1 tsp	1½ tsp
• Dry ginger/nutmeg (Kapha/Vata)	1 tsp ea	2 tsp ea	3 tsp ea
• Desiccated coconut	½ cup (50g)	1 cup (95g)	1½ cups (140g)

Method

Use a potato masher to mash the bananas in a large mixing bowl. Add the raisins and the dried apricots and combine thoroughly using a large strong wooden spoon. Stir in the puffed rice, then add the quick cooking oats and spices.

Combine until a moist dough-like consistency has been reached. If possible, allow to stand for 5 minutes to allow it to thicken. Spread the coconut out in a shallow wide bowl. Press the mixture into 2cm balls. Roll the balls in coconut and put on a serving plate. Serve at once or cover and store in the refrigerator for serving later that day.

Tip: Apricots

Apricots can be bought chopped and ready for use in 200g packets. In summer, use soft fresh apricots for a deliciously moist, chewier experience.

