

Coláiste Mhuire Wellness Week



Ingredients

50g soft dried apricot

100g soft dried date

50g dried cherry

2 tsp coconut oil

1 tbsp sesame seeds

Method

Whizz apricots with dates and cherries in a food processor until very finely chopped.

Tip into a bowl and use your hands to work in coconut oil. Shape the mix into walnut-sized balls, then roll in sesame seeds.

Store in an airtight container.

You may also like to check out the recipe on BBC Good Food for Avocado Hummus and Crudites.

Follow the link below

[https://
www.bbcgoodfood.com/
recipes/avocado-houmous-
crudites](https://www.bbcgoodfood.com/recipes/avocado-houmous-crudites)

Be sure to continue to share your participation through the use of #cmbwellnessweek

