

Omega 3 Rich Treats

Ingredients

1 cup figs, stalk removed roughly chopped
¼ cup walnuts
¼ cup Brazil nuts
½ cup dates soaked for 20 minutes in filtered water
1 heaped tbsp Spirulina or more
¼ cup hemp seeds or desiccated coconut

Method

1. Place the nuts in a food processor and pulse until a fine crumb.
2. Add the figs, dates, a few teaspoons of the date water and the Spirulina and pulse until all broken down and combined.
3. Roll the mix into any shape you like and coat with the hemp seeds or coconut or both.
4. Place in the fridge what you will eat in the next few days and freeze the rest.

