

CASHEW HALDI ENERGY BALLS

GOES GREAT WITH...

A cup of
masala chai



EXTRAS
#61

ALSO WORKS A TREAT WITH...
- Prunes or dried apricots

RAISE YOUR GAME BY...
Toasting the desiccated coconut



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CASHEW HALDI ENERGY BALLS

Prep
5 mins

Cook
20 mins

Heat



Serves

4

as a snack

These no-bake energy balls have just four ingredients and are an incredibly easy, tasty snack to whip up. They're sturdy enough to take on long journeys or for some quick energy after exercise, and the combination of nuts, dried fruit and the turmeric in our **HALDI BLEND** make a healthy alternative to chocolate or sweets.

250g **dried fruit** (eg raisins, dates, cranberries etc) - roughly chopped if large
1 tbsp **honey** (optional)
150g **unsalted cashew nuts**
80g **desiccated coconut**

A pinch of



MIRCHI BLEND

1½ tsp



HALDI BLEND

1 Blend the cashews with the dried fruit, honey (if using), 60g of the coconut, 1 tsp **HALDI BLEND**, a pinch of **MIRCHI BLEND** and a pinch of salt in a food processor for 1 minute or until the mixture forms a sticky ball (if the mixture is too dry to come together add 1 tbsp water and blend again)

2 Roll the mixture into 16 bite-size balls

3 Mix the remaining 20g desiccated coconut with ½ tsp **HALDI BLEND** until the desiccated coconut turns yellow

4 Roll the energy balls in the desiccated coconut mixture until evenly coated