



Deliciously Sweet Recipe Idea

Southland
Sweetness

Sweet, fresh & tasty parsnips from cool Southern climates



Parsnip Peanut Butter Balls With a Citrus Twist

So sweet. So fresh. So tasty!

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Parsnip Peanut Butter Balls With a Citrus Twist

Ingredients

- 1 cup boiled and blended parsnip approximately 350 grams when peeled
- 1 cup dates roughly chopped
- 2 cups cashew nuts
- 1/2 tsp vanilla extract
- 1 1/4 cups desiccated coconut
- 1/4 cup of cacao powder
- 1/4 cup dried cranberries roughly chopped
- 3 Tbsp crunchy peanut butter
- 1 1/2 tsp lemon zest
- 1 Tbsp maple syrup or honey
- Pinch of salt

Topping

- 50 grams of dark chocolate
- Chia seeds

Method

1. Peel and dice parsnips, boil until tender.
2. Meanwhile roughly chop dates and cranberries and place into food processor along with nuts. Process until crumb like. Drain and blend parsnips, add to food processor with remaining ingredients and process until well mixed and smooth. Set aside in the fridge for at least 45 minutes. Roll into balls.
3. To melt the chocolate break squares into a cup. Sit the cup in a stainless-steel bowl of boiling water and wait for chocolate to melt.
4. Spoon melted chocolate over each ball using a teaspoon and sprinkle with chia seeds on top. Chill until set.



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