

# PARSNIP & GINGER ENERGY BALLS

TURN OVER FOR RECIPE



## INGREDIENTS

1 cup roasted almonds  
1 cup desiccated coconut  
1/2 cup boiled and mashed parsnip  
6 dried figs roughly chopped  
1 Tbsp coconut oil  
1 Tbsp honey  
1 1/4 Tbsp lemon zest  
2 Tbsp crystallized ginger roughly chopped  
1 tsp vanilla paste  
Pinch of salt

## METHOD

Peel and chop the parsnips (approximately 175 grams). Boil until tender, drain and blitz until smooth and set aside to cool.

While the parsnip is cooling place the remaining ingredients into a food processor and process until it resembles fine crumbs. Then add the cooled parsnip and process until smooth.

Roll the mixture into balls and place into the fridge to chill.

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