A close-up photograph of several round, purple-colored almond berry bites. The bites are coated in a fine, white, powdery substance, likely almond flour or coconut flour, which is speckled with small pieces of red berries. They are arranged on a light-colored wooden surface. The background is a soft, out-of-focus greyish-brown.

No-added-sugar
Almond Berry Bites

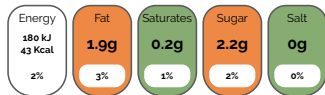
WAYS  WELL

No-added-sugar Almond Berry Bites

Vegan and Source of Fibre | Contains nuts and gluten (wheat)

MAKES 50 BITES

Per Average Serving



Of an adult's Reference Intake (84000kJ / 2000Kcal)
Typical values per 100g: Energy 1233kJ/295Kcal

.....

INGREDIENTS:

200g gluten-free oats
300g frozen fruits of the forest, defrosted
100g blanched almonds
125g chopped dates
50g ground almonds

.....

METHOD:

1. In a food processor combine the oats, fruit, blanched almonds, dates and half of the ground almonds. Blend until you have a coarse paste (add some of the juice left from the defrosted berries if needed).
2. Transfer the mixture to a bowl and leave to sit for 15 minutes so the oats can absorb some moisture to allow the bites to hold their shape when rolled.
3. Make 50 balls out of the mixture and coat in the remaining ground almonds.
4. Store in the fridge in an airtight container.