

FOOD SENSATIONS

FOR ADULTS



Simple, healthy & tasty
step-by-step recipes



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How to use this recipe book

Recipes

- ✓ Each recipe is budget-friendly, simple and delicious.
- ✓ Each recipe includes ingredients, equipment, 3-5 steps, serves of fruit or vegetables, cost per serve for the recipe and cooking time.
- ✓ Recipes serve 4 to 6 people and can be doubled or halved.
- ✓ Cost and serves of fruit and vegetables are based on serving 4 people.
- ✓ Some recipes may need to be modified. For example less spices and chilli or remove nuts if people have allergies or are taking leftovers to school. If unsure ask your facilitator.
- ✓ The total cost of recipes is based on having the following pantry items: spray oil, cumin, mixed herbs, sugar, stock powder, pepper, cinnamon, cornflour and tomato paste.
- ✓ Frozen and canned fruit and vegetables can be substituted for fresh. Always aim to buy fruit and vegetables in season to reduce costs.
- ✓ When buying canned vegetables choose no-added-salt varieties.

Serves



Cooking time



Cost per serve






Veg per serve



Fruit per serve



Allergies, intolerances and dietary restrictions

Gluten Free Based on checking all ingredients and using gluten free stock powder, cornflour and sauces.		Lazy Microwave Risotto, Luscious Lamb Koftas, Chicken Pad Thai, Guac On, Butter-less Chicken, Magic Moroccan Beef, Crunchy Asian Slaw, Pavlova Mess
Contains nuts*		Choc Amazeballs, Chicken Pad Thai, Winning Walnut Dip, Lazy Microwave Risotto
Vegetarian		Guac On, Winning Walnut Dip, Nacho Stacks, Lazy Microwave Risotto, Tasty Chickpea Burgers, Anytime Toasties, Zesty Couscous Salad, Crunchy Asian Slaw

Australian Guide to Healthy Eating



Australian Government
National Health and Medical Research Council
Department of Health and Ageing

www.eatforhealth.gov.au

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods
from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods,
mostly wholegrain
and/or high cereal
fibre varieties



Vegetables and
legumes/beans



Lean meats and
poultry, fish, eggs,
tofu, nuts and seeds
and legumes/beans

Use small amounts



Only sometimes and in small amounts



Source: National Health and Medical Research Council

Australian Dietary Guidelines

SERVE SIZES



Vegetables and legumes/beans

Serves per day

	19–50 years	51–70 years	70+ years
Men	6	5½	5
Women	5	5	5



Fruit

Serves per day

	19–50 years	51–70 years	70+ years
Men	2	2	2
Women	2	2	2



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

Serves per day

	19–50 years	51–70 years	70+ years
Men	6	6	4½
Women	6	4	3



Lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans

Serves per day

	19–50 years	51–70 years	70+ years
Men	3	2½	2½
Women	2½	2	2



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Serves per day




	19–50 years	51–70 years	70+ years
Men	2½	2½	3½
Women	2½	4	4

For more information about the Australian Dietary Guidelines visit www.eatforhealth.gov.au

Source: National Health and Medical Research Council

Label reading

Use the label reading card below to compare similar packaged food items.

Compare numbers in the 100g column	BEST CHOICE 	OKAY SOMETIMES 	POOR CHOICE 
TOTAL FAT	Less than 3g	3 - 10 g	More than 10g
SATURATED FAT	Less than 1.5g	1.5 - 3g	More than 3g
SUGAR	Less than 5g	5 - 15g	More than 15g
SODIUM (salt)	Less than 120mg	120g - 400mg	More than 400mg
FIBRE	Choose high fibre . Use the per serve column and choose more than 3g fibre per serve .		
DRINKS	Choose water first .		

* LiveLighter © State of Western Australia 2016, reproduced with permission.

Sugar in drinks

 = 1 teaspoon = 4g sugar



= 0





= 11





= 15





= 0





= 11





= 16





= 3





= 14





= 16



Meal planning and budget tips

1. Check what you have in your fridge, cupboards and freezer.
2. Create a meal plan.
3. Make a shopping list.
4. Shop smarter.

MEALS FOR THE WEEK	SHOPPING LIST
MONDAY: e.g. Saucy Spag Balls & salad	VEGETABLES:
TUESDAY: e.g. Butter-less Chicken	
WEDNESDAY: e.g. Leftovers	FRUIT:
THURSDAY: e.g. Nacho Stacks	GRAINS & CEREAL:
FRIDAY: e.g. Leftovers	MEAT & ALTERNATIVES:
SATURDAY: e.g. Easy meal	MILK, YOGHURT, CHEESE:
SUNDAY: e.g. Perfect Prawn Stirfry	OTHER FOODS:

BUDGET TIPS

- Compare price per kg of food
- Buy supermarket brands
- Buy specials and buy in bulk
- Buy canned and frozen vegetables, fruit and beans



Food safety tips

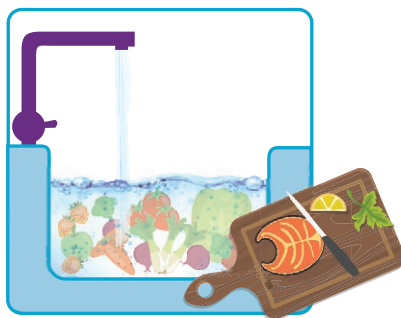
TIP 1

Wash your hands for 20 seconds with soap before cooking and after you touch your hair, nose, eyes, smoke, go to the toilet or touch raw food.



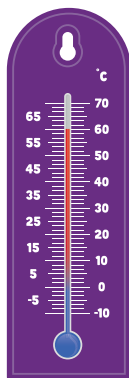
TIP 2

Wash fruit and vegetables before eating. Use separate chopping boards for raw meat, seafood and vegetables. Do not use food after the use by date.



TIP 3

- Keep food either below 5°C or over 60°C to avoid having food in the temperature danger zone.
- Defrost frozen food in the fridge or microwave not on the bench or in water.
- Do not use food if it has been left on the bench for over 2 hours.



TIP 4

- Only put leftover hot food in the fridge when it's stopped steaming.
- Keep leftover food in the fridge for 2-3 days, then freeze or throw out.
- Only refreeze defrosted food if it has been kept in the fridge.



HIGH FOOD SAFETY RISK FOODS

- | | | |
|--------------------|---------------|------------------------|
| • Sliced deli meat | • Cream | • Food containing eggs |
| • Poultry | • Cheese | • Seafood |
| • Dairy desserts | • Yoghurt | • Cooked pasta |
| • Milk | • Cooked rice | • Meat |



Guac On



Serves



Cooking time



Cost per serve



Veg per serve



Add to Nacho Stacks or serve with vegetable sticks and rice crackers



How to make it



Ingredients

- | | |
|-------------------|---------------|
| 1 avocado | Coriander |
| 1/4 red onion | Pepper |
| 1 tomato | 1 teaspoon |
| 1 clove garlic | chilli powder |
| 1/2 lime or lemon | (optional) |



Equipment

Chopping board, knife, small bowl, fork, spoon, juicer



1. Cut the avocado in half and remove the stone. Scoop out the flesh into a bowl and use a fork to mash until almost smooth.



2. Finely chop 1/4 red onion, garlic, coriander and tomato and add to the avocado.



3. Juice 1/2 a lime or lemon and mix two tablespoons of the juice into the avocado mixture. Sprinkle pepper and add chilli as desired.

Winning Walnut Dip



Serves



Cooking time



Cost per serve



TIP

Add to Lamb Koftas or serve with vegetable sticks and rice crackers



Ingredients

1/4 cup walnuts* 1 teaspoon dried dill or small bunch of fresh mint
1 clove garlic
1 lemon
1 cup reduced fat Greek yoghurt



Equipment

Chopping board, knife, small bowl, spoon, grater, cup measures, spoon measures

How to make it



1. Finely chop walnuts.



2. Finely chop garlic and mint (if using). Grate lemon rind.



3. Add walnuts, garlic, dill or mint, lemon rind and yoghurt to a bowl and mix well.

*contains nuts

Crunchy Asian Slaw



Serves



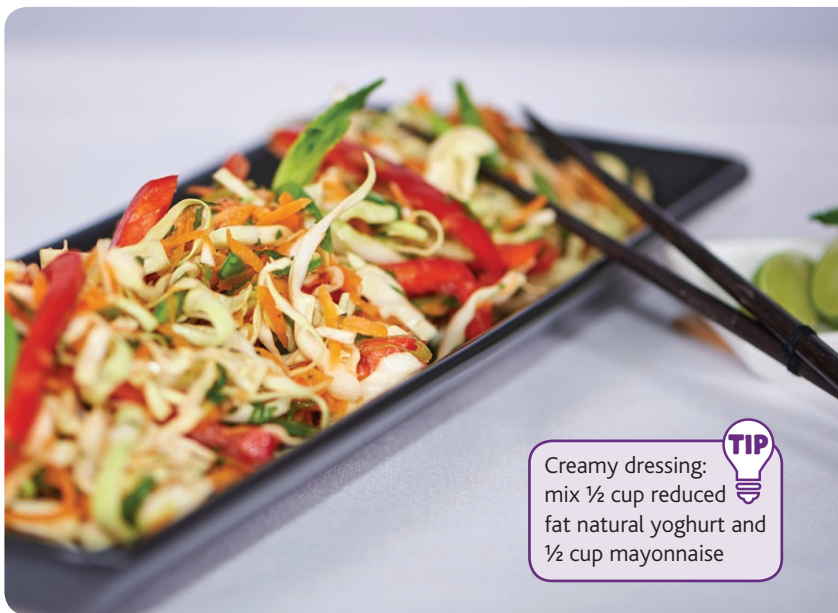
Cooking time



Cost per serve



Veg per serve



TIP
Creamy dressing:
mix ½ cup reduced
fat natural yoghurt and
½ cup mayonnaise



Ingredients

2 carrots, 1 red capsicum, 8 snow peas
¼ savoy or green cabbage
3 spring onions
Small bunch of fresh parsley, mint
or coriander

Dressing:

2 teaspoons fish sauce
2 limes or lemons
3 teaspoons sweet chilli sauce
½ teaspoon sesame oil (optional)



Equipment

Knife
Chopping board
Grater
Large bowl
Small bowl
Mixing spoon
Spoon measures
Juicer

How to make it



1. Grate the carrots.
Finely chop the cabbage.



2. Finely slice capsicum, snow peas, spring onions and herbs.



3. Place all vegetables into a large bowl and combine.



4. Juice limes or lemons.
In a small bowl, mix the dressing ingredients together.



5. Pour dressing over the vegetables and combine.

Zesty Couscous Salad



Serves



Cooking time



Cost per serve



Veg per serve



TIP
Serve with
Lamb Koftas
and walnut dip



Ingredients

- 1 cup couscous
- 2 teaspoons vegetable stock powder
- 1 cup boiling water
- 400g can chickpeas
- 1 red capsicum, 1 cucumber
- 1 tomato
- 2 spring onions
- ¼ cup fresh parsley
- 1 orange
- Pepper



Equipment

- Large bowl, Small bowl
- Cup measures, Spoon measures
- Kettle
- Knife, Fork, Mixing spoon
- Chopping board
- Can opener
- Strainer
- Fine grater
- Juicer
- Measuring jug

How to make it



- 1.** Measure couscous and stock powder into large bowl. Add boiling water, cover and let sit for 5 minutes.



- 2.** Finely chop capsicum, cucumber, tomato, spring onions and parsley.



- 3.** Fluff couscous grains with a fork and add chopped vegetables.



- 4.** Drain and rinse chickpeas and add to couscous. Season with pepper.



- 5.** Grate orange rind. Juice orange. Add 2 tablespoons of juice and all of the rind to the couscous. Mix well.

Anytime Toasties



Serves



Cooking time



Cost per serve



Veg per serve



Try adding baked beans, lean meat or leftover roast vegetables



Ingredients

- 1 red capsicum
- 1 large sweet potato or $\frac{1}{4}$ pumpkin
- 1 cup baby spinach
- 1 tomato
- 150g reduced fat cheese
- Spray oil
- Pepper
- 4-6 wholegrain wraps



Equipment

- Knife
- Chopping board
- Sandwich press
- Cup measures
- Grater
- Tongs
- Spatula

How to make it



1. Peel and thinly slice all vegetables. Grate cheese.



2. Spray sandwich press lightly with oil and turn on. Place capsicum and sweet potato or pumpkin on sandwich press, close lid and cook for 5 minutes or until soft.



3. For each wrap, place sweet potato or pumpkin, capsicum, tomato, spinach, cheese and pepper in the middle of the wrap.



4. Fold each of the four sides to form an enclosed parcel.



5. Cook toasties folded side down with lid closed for 5 minutes until lightly browned.

Chicken Pad Thai



Serves



Cooking time



Cost per serve



Veg per serve



Add ¼ cup fresh coriander and one diced chilli for extra flavour



Ingredients

- 1 packet Pad Thai noodles (200-250g)
- ¼ cup fish or soy sauce
- 6¼ cups water, Spray oil
- 2 lemons or limes
- 1.5 tablespoons sugar
- 2 chicken breasts (500g)
- 2 cloves garlic
- 2 carrots, 1 red capsicum
- 12 snow peas/green beans, 1 packet bean sprouts, ½ cup crushed unsalted nuts*



Equipment

- Large bowl
- Small bowl
- Cup measures
- Spoon measures
- Knife
- Chopping boards
- Frypan
- Spatula
- Strainer

*contains nuts

How to make it



1. Add 6 cups boiling water to a large bowl, add noodles and soak for 5-10 minutes. Drain noodles using strainer.



2. Mix fish or soy sauce, $\frac{1}{4}$ cup water, juice from lemons or limes and sugar in a small bowl.



3. Cut chicken into small strips. Spray frypan with oil and turn onto medium heat. Cook chicken for 5 minutes until brown. Set aside.



4. Thinly slice garlic and vegetables. Spray frypan with oil, add garlic and vegetables and stir-fry for 5 minutes.



5. Mix in chicken and noodles to frypan. Turn frypan off. Mix in nuts, beansprouts and sauce.

Butter-less Chicken

GF

Serves



Cooking time



Cost per serve



Veg per serve



Ingredients

- 1 brown onion, Spray oil
- 2 garlic cloves, 1 broccoli
- 1 red capsicum, 1 cup frozen peas
- 2 chicken breasts (500g)
- 2 teaspoons garam masala
- 2 teaspoons chicken stock powder
- 2 tablespoons tomato paste
- 1 tablespoon cornflour, 1 cup water
- 375mL can light evaporated milk
- 1 cup reduced fat Greek yoghurt



Equipment

- Knife
- Chopping boards
- Frypan
- Cup measures
- Spoon measures
- Can opener
- Large bowl
- Small bowl
- Spoon

How to make it



1. Finely dice onion and garlic. Chop whole broccoli and red capsicum into small pieces. Cut chicken into small pieces.



2. Spray frypan with oil and turn onto medium heat. Cook onion and garlic for 2 minutes. Add chicken. Cook, stirring, for 5 minutes.



3. Add garam masala and stock powder, stir for 1 minute. Add tomato paste and 1 cup water and stir through.



4. In a small bowl mix cornflour and evaporated milk and add to pan stirring continuously for two minutes.



5. Add capsicum, broccoli and frozen peas, cook for 5 minutes. Turn frypan off, wait 5 minutes, then stir through yoghurt.

Perfect Prawn Stirfry

Serves



Cooking time



Cost per serve



Veg per serve



TIP

Instead of prawns
use chicken breast,
beef strips or tofu



Ingredients

- 1 onion
- 3 cloves garlic
- 2 carrots, 1 zucchini
- 1 bunch of bok choy or ½ cabbage
- 400g can corn kernels or corn spears
- Spray oil
- 300g fresh or frozen raw peeled prawns
- 440g egg noodles
- ¼ cup sweet chilli sauce
- ¼ cup soy sauce



Equipment

- Chopping board
- Knife
- Strainer
- Small bowl
- Large bowl
- Frypan
- Spatula
- Cup measures

How to make it



1. Thinly slice the onion, garlic, carrots, zucchini and bok choy or cabbage. Drain the corn and cut corn spears in half if using.



2. Spray frypan with oil and turn onto medium heat. Cook onion for 2 minutes until soft.



3. Add the garlic, zucchini and carrots, and cook for 2 minutes.



4. Add prawns, corn, bok choy or cabbage and cook for 5 minutes, until the prawns are white and cooked through.



5. Add the noodles and sauces and stir for 2-3 minutes.

Saucy Spag Balls

Serves



Cooking time



Cost per serve



Veg per serve



Serve with
fresh basil
and parmesan



Ingredients

1 clove garlic, 1 carrot, 1 zucchini, 1 onion
6 mushrooms, 1 cup spinach leaves
500g lean beef mince
1 egg, Spray oil
1 teaspoon dried parsley
1 cup breadcrumbs
2 tablespoons tomato paste
2 teaspoons beef stock powder, 4 cups water
2 x 400g cans diced tomatoes
½ pack spaghetti (250g)



Equipment

Grater
Large bowl
Chopping boards
Knife
Frypan and lid
Large spoon, Spatula
Cup measures, Spoon measures
Can opener
Measuring jug
Tongs

How to make it



- 1.** Finely grate garlic, carrot and zucchini.
Finely slice onion, mushrooms and spinach.



- 2.** Combine mince, garlic, carrot, $\frac{1}{2}$ zucchini, parsley, egg and breadcrumbs in a bowl.
With wet hands, roll one tablespoon of mixture to make a ball. Repeat to make 30 meatballs.



- 3.** Spray frypan with oil and turn onto medium heat.
Add meatballs to frypan and cook until browned all over.
Remove from pan and set aside.



- 4.** Cook onion until soft. Add $\frac{1}{2}$ zucchini, tomato paste, mushrooms, spinach, stock powder, water and tomatoes and bring to the boil. Add spaghetti, cook with lid on for 5 minutes.



- 5.** Add meatballs to sauce.
Cook for 5 minutes with lid off.
Turn frypan off and serve.

Luscious Lamb Koftas

GF

Serves



Cooking time



Cost per serve



Veg per serve



Serve with Walnut
Dip or yoghurt



Ingredients

1 sweet potato, 1 red onion, 12 mushrooms
1 red capsicum, 1 zucchini, 2 rosemary stalks
2 teaspoons of olive oil
500g lean lamb mince
2 cloves garlic
2 tablespoons fresh parsley
2 teaspoons ground cumin
2 teaspoons ground coriander
1 egg
Pepper



Equipment

Knife
Chopping boards
2 large bowls
Frypan and lid
Spatula
Spoon measures
Grater
Fork
Mixing spoon
Peeler

How to make it



1. Chop sweet potato, red onion, mushrooms, capsicum and $\frac{2}{3}$ zucchini into pieces.



2. Add 1 teaspoon of oil to frypan and turn onto medium heat. Cook vegetables and rosemary for 10 minutes with lid on. Remove from pan and set aside.



3. Finely chop garlic and parsley. Grate remaining $\frac{1}{3}$ zucchini. Add to bowl with mince, coriander, pepper and egg. Mix well with a fork.



4. With wet hands, divide mixture into 12 balls. Roll into small sausage shapes about 5 cm long.



5. Heat frypan to medium and add 1 teaspoon olive oil. Cook koftas for 6 minutes turning until brown. Turn to low and cook for 6 minutes. Serve with vegetables.

Magic Moroccan Beef

GF

Serves



Cooking time



Cost per serve



Veg per serve



Serve with
couscous and
fresh coriander



Ingredients

- 1 onion, 3 cloves garlic
- 8 dried apricots
- ½ small pumpkin or 1 sweet potato (500g)
- 400g diced lean beef, Spray oil
- 2 teaspoons each of beef stock, cumin, coriander and cinnamon
- 400g can tomatoes, 400g can chickpeas
- 1 cup water
- 1 cup spinach



Equipment

- Chopping boards
- Knife
- Frypan and lid
- Spatula
- Cup measures
- Spoon measures
- Can opener
- Large bowl
- Strainer

How to make it



1. Remove pumpkin or sweet potato skin and chop into cubes. Chop onion, garlic and apricots into small pieces.



2. Spray frypan with oil and turn onto medium heat. Add onion and garlic and cook for 2 minutes. Add beef and cook for 2 minutes, remove all from frypan and set aside.



3. Spray frypan with oil, add pumpkin or sweet potato, canned tomatoes, dried apricots and 2 teaspoons each of cumin, coriander and cinnamon.



4. Add water and stock powder and bring to the boil. Turn heat to medium, cover with a lid and cook for 10 minutes stirring occasionally.



5. Add the cooked beef, garlic and onions. Drain the chickpeas and add to frypan with the spinach. Cook for 5 minutes on low heat with lid off.

Nacho Stacks



Serves



Cooking time



Cost per serve



Veg per serve



TIP
Serve with
guacamole
and extra salad



Ingredients

- 4-6 wholegrain wraps
- 2 cloves garlic, 1 capsicum
- 1 teaspoon chilli powder
- 400g can diced tomatoes, 400g can four bean mix, 400g can corn kernels
- ½ cup water, Spray oil
- 2 teaspoons cumin
- 2 tablespoons tomato paste
- 100g reduced fat cheese
- 1 cup reduced fat Greek yoghurt



Equipment

- Knife
- Chopping board
- Frypan
- Can opener
- Strainer
- Cup measures
- Spoon measures
- Mixing spoon
- Grater

How to make it



- 1.** Cut wraps into 8 pieces.
Turn frypan onto medium heat and toast for 2 minutes each side until brown.
Set aside.



- 2.** Chop garlic and capsicum into small pieces.
Drain beans and corn.



- 3.** Spray frypan with oil and turn onto medium heat.
Add garlic, tomatoes, beans, corn, tomato paste, chilli powder, cumin and water.
Cook for 10 minutes.



- 4.** Place toasted wraps on a plate.
Add bean mix, diced capsicum and yoghurt.



- 5.** Grate cheese and sprinkle over the top.

Lazy Microwave Risotto



Serves



Cooking time



Cost per serve



Veg per serve



TIP
For extra flavour, add fresh or dried herbs



Ingredients

- 1 onion or leek, 1 clove garlic
- 1 teaspoon olive oil, 3 cups hot water
- 1¼ cups risotto/Arborio rice
- 3 teaspoons vegetable stock powder
- ½ pumpkin
- 1 cup fresh or frozen spinach
- 1 cup frozen peas
- 100g parmesan cheese
- ¼ cup flaked almonds*
- Pepper



Equipment

- Knife
- Chopping board
- Microwave safe bowl
- Microwave
- Measuring jug
- Large spoon
- Cling wrap
- Grater
- Spoon measures
- Cup measures

*contains nuts

How to make it



- 1.** Finely dice onion or leek and garlic.
Peel and cut the pumpkin into small cubes.



- 2.** Combine onion or leek, garlic and oil in large microwave-safe bowl and microwave on high for 2 minutes or until soft.



- 3.** Add rice, stock powder and 2 cups of hot water.
Cover with cling wrap and microwave on high for 5 minutes.



- 4.** Add pumpkin and remaining 1 cup water, cover and microwave on high for 15 minutes. Add spinach and peas, gently stir through.
Re-cover and microwave on high for a further 5 minutes.



- 5.** Remove from microwave.
Grate parmesan cheese.
Stir in cheese and pepper and sprinkle almonds on top.

Tasty Chickpea Burgers



Serves



Cooking time



Cost per serve



Veg per serve



Serve with
Walnut Dip
or relish



Ingredients

2 x 400g cans chickpeas
¾ cup reduced fat Greek yoghurt
1 tablespoon curry powder
1 egg, 1 cup breadcrumbs
3 spring onions, ½ cup tomato relish
1 teaspoon ground coriander
Spray oil, 2 teaspoons vegetable stock
1 medium tomato, 1 small cucumber
½ lettuce, Small can of beetroot
4-6 wholegrain buns



Equipment

Strainer
Food processor (optional)
Knife, Fork
Chopping board
Spoon, Large bowl
Cup measures
Spoon measures
Can opener
Spatula
Frypan

How to make it



- 1.** Drain chickpeas and add to bowl. Mash with a fork or process in a food processor until roughly chopped.



- 2.** Add yoghurt, stock powder, curry powder, egg and breadcrumbs. Finely slice spring onions and add to mixture with ground coriander. Season with pepper and stir until well combined.



- 3.** With wet hands, roll 4 tablespoons of mixture per patty into balls and then flatten to make 8 patties.



- 4.** Spray frypan with oil and turn onto medium heat. Cook patties for 4-5 minutes on each side until golden.



- 5.** Cut buns in half. Slice tomato, cucumber, lettuce and beetroot. Serve with burgers and relish in buns.

Pavlova Mess



Serves



Cooking time



Cost per serve



Fruit per serve



Use any fresh, canned or frozen fruit available



Ingredients

- 1 cup frozen berries (defrosted)
- 1 cup reduced fat Greek yoghurt
- 1 punnet of strawberries
- 3 kiwifruit or 2 bananas
- 2-3 meringue nests or 8-12 meringue drops
- Small can of passionfruit



Equipment

- Large bowl
- Small bowl
- Cup measures
- Knife
- Fork
- Chopping board
- Spoon measures
- Mixing spoon
- 4-6 cups

How to make it



- 1.** Place defrosted berries and yoghurt in a large bowl. Mash together with a fork.



- 2.** Chop fruit into small pieces.



- 3.** Crush meringues with your hands in a large bowl. Place 1 tablespoon of crushed meringue in each cup.



- 4.** Add $\frac{1}{4}$ cup yoghurt mix followed by a layer of fruit to each cup.



- 5.** Add 1 tablespoon of meringue on top of fruit. Spoon 1 teaspoon of passionfruit on top and serve.

Choc Amazeballs



Serves



Cooking time



Cost per serve



Fruit per serve



TIP
To make nut free,
replace peanut
butter with margarine



Ingredients

- ½ cup dates or sultanas
- 1 cup of hot water
- 1 tablespoon crunchy peanut butter*
- 4 tablespoons desiccated coconut
- 2 wheat biscuits
- 3 tablespoons cocoa powder
- 1 tablespoon honey



Equipment

- Large plate
- Chopping board
- Large bowl
- Small bowl
- Knife
- Spoon measures
- Cup measures
- Strainer
- Large mixing spoon
- Food processor (optional)

*Contains nuts

How to make it



1. Cut dates or sultanas into small pieces, place in a small bowl with a cup of hot water for 5 minutes.



2. Crush wheat biscuits well with hands and add to a large bowl. Add 3 tablespoons of coconut, peanut butter, cocoa powder and honey to the bowl.



3. Drain dates or sultanas using a strainer. Add dates or sultanas to other ingredients and mix well with a spoon.



4. Add 1 tablespoon of water and continue mixing with a spoon or food processor until smooth.



5. With wet hands, roll a tablespoon of ingredients and form a ball. Make 8-12 balls. Roll balls in remaining coconut on a plate. Option: Leave balls in the fridge for 20 minutes.



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