

## TASTE WITHOUT WASTE

### Seeded Spelt Balls

Makes approximately 16.

#### **Ingredients**

1 tbsp sesame seeds  
1 tbsp quinoa  
2 tbsp unsweetened shredded coconut  
½ cup almonds, finely chopped  
¾ cup spelt flour  
1/3 cup rolled oats  
2 tbsp chia seeds  
2 tbsp pepitas (pumpkin seeds)  
1 tbsp flaxseeds (linseeds)  
¼ tsp ground cinnamon  
1/8 tsp salt  
2 tbsp dark chocolate chips  
¼ cup apple puree  
3 tbsp maple syrup  
½ tsp vanilla essence

#### **Method**

Preheat the oven to 190C. Grease and line one large baking tray with baking paper.

Set a small frying pan over a medium-low heat. Once warm, add the sesame seeds, quinoa and shredded coconut. Cook, stirring regularly, for approximately 2-3 minutes or until they release a nutty aroma and begin to turn golden brown. Transfer to a large bowl.

Add to the bowl the chopped almonds, spelt flour, rolled oats, chia seeds, flaxseeds, cinnamon, salt and dark chocolate chips. Stir well.

In a separate small bowl whisk together the apple puree, maple syrup and vanilla essence. Pour over the dry mixture and use a wooden spoon to stir until everything is well combined. Be sure to uncover any 'dry pockets'. The resulting dough should be moist and ever so slightly sticky. Add a touch more maple syrup if it appears too dry.

Take tablespoonfuls of the mixture and use the palm of your hands to gently roll into balls. Place on the baking tray, leaving 2cm between each ball (they will not grow).

Bake for approximately 10 minutes or until golden brown on top and just firm to touch. Set the baking tray on a wire rack and leave to cool for 2 minutes. Then remove the cookies from the baking tray and leave to cool completely on the wire rack.

Will keep for approximately 4 days in an airtight container, though will lose crisp topping after a day. Also freeze well.

*Source: A Taste Without Waste original.*

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