

# Mango Coconut Balls



**ASIAGO  
FOOD**

## ingredients

- 100g defrosted Asiago Frozen Mango pieces
- 100g rolled oats
- 70g roasted cashew nuts
- 45g desiccated coconut (and some extra for coating)
- 18 pitted dried dates

## method

1. If the cashew nuts are not roasted, roast in an oven at 220°C until golden brown.
2. Process all ingredients in a food mixture until a sticky mixture is formed.
3. Roll the mixture into 12 balls.
4. Roll in desiccated coconut and store until ready for consumption.



Created by

