

# SUPER SNACKS

## WHAT DO I NEED?

125g Oats

125g Grated Carrot

100g Mixed seeds (e.g. sunflower, pumpkin, sesame, poppy seeds and/ or nuts- if making at home)

2 Tbsp tap water

A squeeze of honey/ syrup

40g shredded coconut



## HOW DO I MAKE IT?

1. Add all the ingredients into a food processor
2. Turn it on until the ingredients are combined and clumpy
3. Add another tablespoon of water if this doesn't happen after 1 minute
4. Do the 'pinch test'- by taking a small amount of the mixture and squeezing. You want the mixture to be mouldable.
5. If it's too dry- add more water or another squeeze of honey/ syrup. If it's too wet- add more oats.
6. Empty mixture into a mixing bowl and shape into balls or any shape you like!

## MAKE THEM UNIQUE...

- Roll each ball in desiccated coconut
- Add a pinch of cinnamon or cocoa for flavour
- Add a crunch with a handful of high fibre cereals like shredded wheat

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