



Eternal Health

OPTIMUM NUTRITION AND INSPIRED LIVING

OSTEOPOROSIS RECIPES, SNACK APRICOT , LINSEED AND SESAME BALLS/TRUFFLES INGREDIENTS

- ✓ **12 dried apricots** (Carotenoid; beta-carotene, Calcium)
- ✓ **1 Orange, juice and zest** (Carotenoid-cryptoxanthin, Vitamin C)
- ✓ **1 handful of nuts and ground seed such linseeds, sesame, walnuts, almonds** (Lignans & protein)
- ✓ **Spices; ginger, cinnamon, cardamom or vanilla** to flavour

PREPARATION

- ✓ Finely chop the apricots and soak in 2 tablespoons of orange juice, add the zest chosen spices for 30 minutes or overnight.
- ✓ Put the mix into a food processor or blender and whizz with the nuts and ground seeds until it forms a dough.
- ✓ Once the dough is formed roll into a sausage shape, then divide into 12 even pieces.
- ✓ Roll each piece into a ball between your hands
- ✓ Dust with extra spice and zest.
- ✓ Serve with a cup of green tea – full of polyphenols!



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as
seed,
and

