DietCloud – Recipe

Recipe Name: Nutty Oats and Berry Truffle Recipe

Diet Type:

Course: Snack

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Instant Oats (Oatmeal) - instant one • 1 cup Brown Sugar (Demerara Sugar) • 2 tablespoon Blueberries - dry • 12 Badam (Almond) - roasted and chopped • 1/4 cup Ghee - or butter • 1 teaspoon All spice powder	2

Preparation

• To prepare the Nutty Oats and Berry Truffle Recipe, in a food processor transfer oats and sugar and bringing to a fine crumb.
• Set aside.
• Transfer this mixture into a large bowl and add the all-spice powder, blueberries, almonds and mix well.
• Stir in the ghee or butter and combine well.
• You will now need to work quickly and shape them into round bite size balls.
• The mixture will begin to sort of harden, so quickly shape them into small round balls.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)