

By Sra



KUMARA & ORANGE BLISS BALLS

Season: Autumn
From the garden: Kumara, orange
Type: Snack
Difficulty: Medium
Serves: 30 small tastes
Source: Adapted from www.5aday.co.nz by Sarah Carnahan, Ara Institute of Canterbury student

Equipment

- 🍷 Chef's knife
- 🍷 Chopping board
- 🍷 Medium sized pot
- 🍷 Sieve
- 🍷 Zester
- 🍷 Mixing bowls
- 🍷 Measuring cups
- 🍷 Measuring spoons
- 🍷 Food processor
- 🍷 Teaspoons

Ingredients

- 🍷 2 large kumara (750 grams)
 - 🍷 ½ an orange
 - 🍷 1 cup of dried dates
 - 🍷 ½ cup of cocoa powder
 - 🍷 1 cup of shredded coconut (plus extra to coat balls)
 - 🍷 ½ teaspoon of cinnamon
 - 🍷 ½ cup of almonds (or seeds)
 - 🍷 ½ cup of cashews (or seeds)
 - 🍷 1 tablespoon of chia seeds
 - 🍷 2 tablespoons of maple syrup (optional)
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How to make it

1. Wash the kumara to remove all dirt and allow to dry on a clean tea towel. Peel kumara and cut into quarters. **Caution – kumara can be a hard vegetable to cut! Ask an adult to help you with this.**
2. Fill a medium sized pot 2/3 with water and place on an element set to high. Bring the water to the boil and carefully place the kumara into the water and cook till soft (about 20 minutes, this can be done in advance). **Caution – hot! Ask an adult to help you with this.**
3. While the kumara is cooking, zest and juice the orange.
4. Measure out all other ingredients and put in the food processor with the zest and half of the juice. Leave half of the orange juice aside in a small bowl.
5. Once the kumara is cooked, drain carefully and place in the food processor. **Caution – hot! Ask an adult to help you with this.**
6. Whizz until combined. The mixture should be able to be rolled into balls. If the mix is too dry, add some more orange juice or water. If it is too wet, add some more coconut or cocoa powder.
7. Using clean, wet hands, roll the mixture into balls (about a heaped teaspoon of mixture per ball).
8. When finished making balls, roll in the extra shredded coconut and refrigerate till ready to eat.

Notes:

- These are a great lunchbox snack or after school treat.
- The chia seeds in these balls are a great source of plant-based protein.

Skills:

- Chopping, boiling, **zesting***, whizzing.

* Zest: to scrape off the outer coloured part of the peel of (a piece of citrus fruit) for use as flavouring