Chocolate Balls

Prep time	1 hour
Allergy / Intolerance	Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	RPAH Elimination Diet - Amines Allowed, RPAH Elimination Diet – Very High Chemical
Meal type	Sweet Things
Misc	Child Friendly, Pre-preparable, Serve Cold
Occasion	Christmas, Special Occasions
By author	My husband

Quick, easy, festive chocolate balls, with fresh coconut and chocolate.

Ingredients

- 250g plain biscuits (e.g. Arnott's Milk Arrowroot, Teddy Bear or Marie biscuits)
- 400ml skim condensed milk
- 1/2 teaspoon vanilla essence
- 3 tablespoons cocoa powder
- 200g cooking chocolate (milk, dark or white)
- 1/2 cup grated fresh coconut (Refer to Basics page)
- 1 packet Nestle Smarties

Directions

1. Crush the biscuits and combine with the condensed milk and vanilla until it is all moist.
2. Roll the mixture into small balls (about 1 heaped teaspoon per ball) and place onto a lined tray. Place in the fridge for at least 30 minutes.
3. Meanwhile, melt the chocolate and place the coconut onto a smalll plate and the Smarties on another.
4. Coat the balls in the melted chocolate using 2 teaspoons (or your fingers) then dip one end into the coconut or top with a Smartie.
5. Place the balls back onto the tray and return to the fridge to set.
6. Store in an airtight container in the fridge or freezer.

Note

Very High Amines, Moderate Salicylates, Low Glutamates

Refer to Basics page for fresh grated coconut.