



## Strong Bone Balls

12 servings

10 minutes

### Ingredients

6 pieces Dried Apple  
 1 tbsp Tahini (unhulled)  
 2 tbsps Whole Flax Seeds  
 2 tbsps Collagen Powder  
 6 pieces Prunes  
 2 tbsps Almond Butter  
 2 tbsps Fresh Orange Juice  
 1 tsp Orange Zest

### Nutrition

Amount per serving	
Calories	34
Fat	3g
Saturated	0g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Potassium	44mg
Vitamin A	7IU
Vitamin C	2mg
Calcium	19mg
Iron	0mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	0µg
Thiamine	0mg

### Directions

- 1 Chop Dried Apple and Prunes
- 2 Add all ingredients to a food processor and blend for 2minutes.
- 3 Remove mixture and roll into small balls
- 4 Roll in sesame seeds or coconut
- 5 Put in the fridge - Serve with your favourite cup of herbal tea.

### Notes

**Variation:** You could swap dried apple for dried apricots (organic).

**Strong Bones:** This recipe includes a number of ingredients which are beneficial for strong bone health. Tahini and nut butter contain calcium. Prunes are rich in potassium and vitamin K, which are vital for bone health and collagen helps keep bones strong.

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Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg
Folate	5µg
Vitamin B12	0µg
Phosphorous	34mg
Magnesium	16mg
Zinc	0mg
Selenium	1µg