

# Apricot Chews

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## Ingredients:

1 cup chopped apricots  
1/2 cup orange or apple juice  
4 Tbsp. rice syrup or honey  
¼ Cup milk powder or Protein Powder  
1/2 cup chopped mixed nuts, but no peanuts  
2 Tbsp. sesame seeds  
1 cup sultanas or currants  
1/2 cup shredded coconut  
Extra coconut



## Method:

Place apricots, fruit juice and rice syrup in pan and simmer over low heat for 10 mins. Do not drain. Blend in milk powder and add other ingredients. Mix well and leave to cool slightly.

Roll mixture into log shapes and roll in coconut. Keep in fridge. Cut into slices to serve.