

Carrot & cream cheese bombs

Ingredients

250g cream cheese - full cream
2 - 3 carrots, 360g
3 teaspoons chopped parsley
3 teaspoons chopped shallots
2 teaspoons psyllium husks (optional)

Method

Place carrot into food processor or thermomix and grate finely. Transfer to a sieve and drain over a bowl.

Add herbs and shallots to the FP/ TMX and process 3 seconds speed 9.

Scrape down sides and add cheese and psyllium husks to the FP with 120g carrot.

Mix 5 seconds, reverse speed 4.

Transfer to a bowl - As is, this is a lovely dip served with rice crackers or veggie sticks.

Roll into 36 little balls.

Roll in the carrot and pop in the freezer until firm.

Great for lunch-boxes.

Apricot & coconut cream cheese bombs

Ingredients

250g cream cheese - full cream
80g sulphur free dried apricots
80g toasted finely desiccated coconut + extra for rolling

Method

1. In the TMX or food processor, chop apricots 5 seconds speed 8.
2. Add remaining ingredients and process on speed 4 for 5 seconds.
3. Transfer to a bowl and roll into 36 little balls.
4. Roll in coconut and freeze until firm.
5. Pop in the lunchbox.

FP = food processor TMX = Thermomix