

## Cherry jam thumbprints

90g ground almonds  
25g oats (use gluten free if preferred)  
110g pitted Medjool dates  
40g dried apricots  
3 tbsps almond butter  
2 tbsps reduced sugar cherry jam

Makes 11 thumbprints

Per thumbprint:

131 calories  
7g fat  
13g carbs  
4g protein

Place all of the ingredients, except for the jam, in a food processor. Blend well to form a sticky dough. If the mixture is too crumbly, add a drop of cold water and blend again.

Roll into 11 balls and place on a large plate.

Press your thumb into the centre of each ball to create a well.

Spoon  $\frac{1}{2}$  tsp jam into each hollow. Serve.

Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.