**ZAYTOUN RECIPES**

Date and nut oatmeal bites
Zaytoun and Liberation Foods got together to create these irresistible Fairtrade bites.

Only 5 minutes to create, these snacks may be bite-size but they pack a healthy punch to lift your energy levels. The juicy sweetness of fairly traded Medjoul dates infuses the creamy Fairtrade peanut butter, lifted by tangy cranberries and cinnamon.

**PREPARATION METHOD**

- In a food processor fitted with a steel blade, pulse the pitted dates until chopped into small pieces.
- Add the oats and cinnamon, and pulse until everything is thoroughly mixed.
- Add the peanut butter and 1 tablespoon of water and pulse again until the mixture is thoroughly blended, forming a sticky ball when you squeeze it in your hand.
- Scoop up about 1 tablespoon of the mixture and roll into a tight ball. Continue with the rest of the mixture.
- Put each ball into a mini-muffin paper liner.
- Cover and refrigerate for at least 1 hour.
- Store in your refrigerator in an airtight container.

**INGREDIENTS**

- 15 Zaytoun Medjoul dates, pitted
- 1/4 cup dried cranberries
- 1/2 cup porridge oats
- 1 tsp cinnamon
- 2 tbsps Liberation Peanut butter
- 1 tbsp water

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