

# Tropical Fruit Balls



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MAKES 16



## INGREDIENTS

- 125g reduced fat ricotta cheese
- 125g reduced fat cream cheese
- 1 large ripe banana
- $\frac{1}{2}$  cup fresh or tinned pineapple, in natural juice, drained
- $\frac{1}{2}$  cup fresh or tinned mango, in natural juice, drained
- $\frac{1}{2}$  cup sultanas
- 6 weetbix
- 2 tablespoons desiccated coconut plus extra for rolling

## METHOD

1. Mix the ricotta and cream cheeses until they are well combined.
2. Mash the banana and finely chop the pineapple and mango.
3. Add the fruits and sultanas to the cheese mixture and stir well.
4. Crumble 5 of the weetbix and add to mixture along with the coconut and stir well.
5. Place the mixture in the fridge to set for about 1 hour.
6. Roll mixture into balls – about 1 tablespoon per ball.
7. Roll balls in coconut or remaining crumbled weetbix and chill in the refrigerator until ready to eat.

## RECIPE NOTES

- These balls are a great addition to school lunchboxes or as a quick after school snack.
- Experiment with a variety of different seasonal fresh fruit and tinned fruits. Tasty fresh fruit alternatives include stone fruits, pears and passionfruit.