



## Dates Roll

3

20 Min

### Description

Naturally sweetened with dates and enriched with nutrients from nuts, these make an excellent snack for kids. Bite-sized rolls that look presentably good give you an instant energy dose.

### Ingredients

- 100.0 Gm(100.0 gm) Dates
- 2.0 Chopped Tbsp(22.0 gm) Almond
- 2.0 Chopped Tbsp(20.0 gm) Cashewnut
- 1.0 Tbsp(15.0 gm) Ghee

### Method of Preparation (Step by Step)

- In a pan, heat 1 tbsp ghee, 2 tbsp chopped cashew nut, 2 tbsp chopped almond.
- Roast till golden brown then add dates.
- Mix & roast.
- Cool the mixture.
- Make rolls.
- Cut it into slices.
- Serve and Enjoy.

### Nutrition Information per serve

Energy	120.52 kcal
Carbohydrate	13.9 gm
Protein	1.76 gm
Total Fat	6.45 gm
Total Fiber	2.21 gm