



## DESSERT

### No Bake Date Bran Jingle Balls

- 2 c. Bran Flakes Cereal
- $\frac{3}{4}$  c. Pitted Dates, chopped
- $\frac{1}{2}$  c. Pecans, toasted
- 3 tbsp. Honey
- 2 tbsp. Cream Cheese, softened
- 2 tsp. Brandy, Orange Liqueur or Orange Juice
- $\frac{1}{2}$  c. Finely Chopped Nuts, Date Sugar, Coconut or Toasted Wheat Germ

#### METHOD OF PREPARATION:

Prepare Pecans Ahead:

1. Preheat oven to 350°F. Lightly spritz baking sheet with cooking spray. To toast pecans, put them on a baking sheet and toast them just until they become aromatic, about 5 minutes. You have to watch them carefully as they are easily scorched.
2. Place cereal, dates and pecans in a food processor and process until finely chopped. Add honey, cream cheese and brandy (or orange liqueur or orange Juice) and pulse until a stiff dough forms.
3. Spray and rub a little non-stick spray onto your hands. Scoop tablespoon-size portions and shape with hands into balls. Roll each ball in chopped nuts (or date sugar or coconut or wheat germ). Place on wax paper. Let stand at room temperature for 30 minutes before serving or storing.

Make Ahead Tip: Store in an airtight container, separating balls with layers of wax paper, in the refrigerator for up to 5 days.

SERVES: 22 cookies

NUTRITION: 80 Calories, 5 g Fat, 8 g Carbohydrate, 1 g Dietary Fiber, 1 g Protein

WEIGHT WATCHER SMARTPOINTS = 2

ALLERGENS: Milk, Tree Nuts, Wheat