

Leaps & Bounds
Yummy Christmas Baubles

Easy to make nutritious **Christmas Treat!**
High in Carbohydrates
A source of Iron and Calcium

WHAT WILL YOU NEED?

- Mixed dried fruit (i.e. sultanas/ cranberries / apricots/ or use fruit cake mixed fruit) $\frac{1}{2}$ cup
- Rice bubbles (or any puffed rice cereal) 3 cups
- 400g can skim / light condensed milk (*ask an adult to help open the can*)
- Desiccated coconut 1 cup
- Glaced cherries (cut in half - *ask an adult to help you*)
- Large snap lock bag or a plastic bag
- Rolling pin (or you can use your hands)

ALL YOU NEED TO DO IS....

- Place cereal in the snap lock / plastic bag.
- Close the bag and crush the cereal - roll it or crush with your hand
- Place cereal, dried fruit, and half of the can of condensed milk into a large bowl and mix until "sticky"
- Place a teaspoonful of the mixture into your hand and roll the mixture into a small ball.
- Place coconut on plate and roll the ball into the coconut.
- Repeat with remaining mixture
- Place cherry on top of ball.

You can refrigerate the balls for 24 - 48 hours if needed