**Tiger Nut Sweets**

**Comments:** The difficult part of this recipe is chopping the dates and nuts.  If they are prepared beforehand by an adult, then the rest is easy. Please remember if you do not have seedless dates, you will need to get rid of the seeds.

**Preparation Time:** 20 minutes  
**Number of servings:** Approx 14 sweets  
**Serving suggestions:** Line a box with kitchen roll and put the sweets inside for a homemade gift.  
**This is a vegetarian recipe**  
  
Tiger Nut Sweets are a VERY tasty alternative to modern sweets. The recipe is one of the oldest recipes known and was found written on a piece of clay!  
They are surprisingly sweet; if you find them too sweet leave out the honey and coat the date balls in the ground almonds.

**Ingredients**

* 200g fresh dates (if not available use mejool dates)
* 1 teaspoon cold water
* 10-15 walnut halves
* 1/4 teaspoon of cinnamon
* small jar of runny honey
* 75g ground almonds

**Making and cooking it**

1. Chop the dates and put into a bowl (remove the seeds from the dates if you do not have seedless ones)
2. Add the water and stir well with a fork
3. Stir in the chopped walnuts and cinnamon
4. Shape into balls using your hands (this is very sticky)
5. Pour the honey into a bowl
6. Put the ground almonds onto a plate
7. Have a clean plate ready to put the finished sweets onto
8. Dip the date balls into the honey, then roll in the ground almonds, making sure they are well coated