



RECIPE

COCONUT DATE ROLLS

Ingredients

- 3 scoops Nestlé® NANGROW™
- 2 tbsp Desiccated Coconut
- 1 tsp Milk
- 3 finely chopped Dates

Step by step

Cooking Instructions

In a bowl, mix together desiccated coconut, 2 scoops of Nestlé® NANGROW™ and milk to make a dough. Roll the prepared dough to form a small square.

In another bowl, mix the chopped dates along with 1 scoop of Nestlé® NANGROW™. Mix well to form a dough. Roll the prepared dates dough to form a small square.

Place the coconut dough square on top of the dates dough square and fold in from one side to form a swiss roll.

Cut it into 3 equal rolls and place a small toothpick from center. Serve immediately.

Nutritional values

Per serve

Energy (kcal)	433.1
Protein (g)	5.5
Calcium (mg)	120.32
Iron (mg)	4.15