



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

1. 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.
2. 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.
3. Place the coconut dough square on top of the dates dough square and fold in from one side to form a swiss roll.
4. Cut it into 3 equal rolls and place a small toothpick from center. Serve immediately.

# Nutritional values

## Per serve

<b>Energy (kcal)</b>	<b>433.1</b>
<b>Protein (g)</b>	<b>5.5</b>
<b>Calcium (mg)</b>	<b>120.32</b>
<b>Iron (mg)</b>	<b>4.15</b>

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