



JOYA® SWEETS

Makes 24 sweets



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INGREDIENTS:

- 4 JOYA® apples in the skin, cubed
- 24 dates, pitted and chopped
- 125 ml (½ cup) honey
- 30 ml (2 tbs) lemon juice
- 5 ml (1 tsp) mixed spice or ground cinnamon

METHOD:

1. Place all the ingredients in a small pot and simmer with a lid over a low heat.
2. Stir regularly to mix the ingredients together and melt the honey. The mixture should become sticky and start pulling away from the sides of the pot.
3. This process takes about 20-25 minutes. Spoon out and allow to cool and refrigerate for 1 hour – this makes shaping the sweets easier.
4. Shape the mixture into cubes of about 10 ml per sweet. Wrap individually in baking paper or just keep in a container in the fridge.

**FIRM
SWEET
CRUNCHY
APPLE**

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