

Steamed rice snack

Makes 10 delicious balls of goodness which explode with flavour. No sugar.
15min preparation and 25min cooking on the top of the stove (no oven required).

Ingredients

1 orange
50g sultanas
50g buckwheat
50g rice



Method

- Grate the orange zest and squeeze the juice.
- Put the sultanas in a bowl, add the orange juice and zest.
- In a pan, without fat, dry roast the rice and buckwheat (10min). Stop when they are gold.
- Let the grains cool then grind coarsely in a blender. (it's ok if there are some small pieces)
- In a bowl mix the orange juice and sultanas with the rice and buckwheat. Make a ball.
- Take a sheet of greaseproof paper and divide into smaller pieces. Place a small piece of mixture on each piece and fold it so that it's wrapped. Repeat with all the mixture.
- Cook in a steamer or in a bamboo box for 25min. Leave until cooled then unwrap.