

Choc & Date Balls

Ingredients:

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|---|---|
| 1. Almonds 1 cup | A |
| 2. Dates, Medjoul or Zahidi pitted 1 & ½ cups | B |
| 3. Coconut dried Sliced, 1 cup | C |
| 4. Oats, rolled, (1 cup unrolled grain) | C |
| 5. Raw Cacao powder, 1.5 x Tsp | C |
| 6. Raw Cacao nibs, 1 x Tsp | C |
| 7. Raw Honey, 2 x Tsp | D |
| 8. Coconut oil, 3 x Tsp | D |
| 9. Sesame seeds or coconut flakes | |

Preparation:

1. In a Magi-Mix or similar low speed mixer, grind the almonds to a medium broken consistency.
2. Add the dates and chop.
3. Add all the “C” ingredients and mix.
4. Add the molten Coconut oil and honey and mix till firm dough.
5. Role in balls and cover with sesame seeds or coconut flakes.

Enjoy it &



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