

Choc & Date Balls

Ingredients:

1. 1 cup Almonds
2. 1 & ½ cups Dates, Medjoul or Zahidi pitted
3. 1 cup Coconut, dried and sliced
4. 1 cup Oats grain
5. 1 & ½ Tbsp Raw Cacao powder
6. 1 & ½ Tbsp Raw Cacao nibs
7. 2 Tbsp Raw Honey
8. 3 Tsp Coconut oil
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 the remainder of the ingredients and mix.
4. Lastly, 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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