

## Medjool date & cacao bliss balls

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Preparation 20 mins | Makes 15

*Gluten and dairy free – these delicious little treats make a satisfying portable snack.*

- 1/3 cup walnuts
- 250g fresh Medjool dates, pitted
- 1/2 cup ground almonds
- 1 1/2 tbs raw cacao\* powder
- 1 tbs chia seeds
- 1/4 cup desiccated coconut

*\*cocoa is made by cold pressing unroasted cocoa beans – it looks like dark cocoa but it is far more nutritious, as it's rich in antioxidants. Cocoa powder is available from health food shops and some supermarkets. Substitute with plain cocoa if preferred.*

**STEP 1** Place walnuts into a food processor. Process until roughly chopped. Transfer to a bowl.

**STEP 2** Add dates, ground almonds, cacao powder and chia seeds to food processor. Process until well combined. Add approx. 1 tbs water to mix to a firm (rollable) consistency. Stir through walnuts.

**STEP 3** Roll mixture into small balls (about the size of a 20¢ piece). Place coconut onto a plate. Roll balls in coconut to lightly coat. Store in an airtight container in the fridge. Eat within 2 weeks.

### Good for you... **MEDJOOL DATES**

*A good source of dietary fibre which is important to keep the intestine functioning well. Fresh dates are a source of vitamin C, one of the vitamins that help the body protect itself against infection and also provide some folate, an important B complex vitamin. Provides potassium which helps balance the adverse effects of the sodium from excess salt in the diet.*

