

Cacao, coconut and date balls



A quick, healthy snack that you can make in advance and freeze. Start this recipe a day in advance

Ingredient	Amount
Medjool dates	12 ----
almond meal	1 cup
shredded coconut	1/2 cup
plus extra coconut for rolling	1/3 cup
coconut oil	1/3 cup
cacao powder	1/3 cup
chia seeds	1 tbsp

Instructions

1. Place dates in a medium bowl and cover with water. Stand for at least 1 hour. Drain and discard seeds
2. Process dates, almond meal, shredded coconut, coconut oil, cacao powder and chia seeds until mixture comes together. transfer to a bowl and stand for 20 minutes for chia seeds to soften.
3. Place remaining coconut in a shallow dish.
4. Roll level tablespoon of mixture into balls. Roll in coconut to coat,

Recipe serves
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