



Raw Date and Nut Balls

vegetarian gluten-free dairy-free

Makes: approximately 12

Ingredients

- 1 cup ground nuts (either almonds or walnuts)
- 1 cup pitted Medjool dates (or dried dates)
- 1 Tablespoon goji berries (optional)
- 1 Tablespoon protein powder of choice (optional)
- 1 cup desiccated coconut



Preparation

1. Place dates in a food processor and chop on high until the dates are finely chopped. Set aside (unless you have a robust food processor).
2. Place nuts in a food processor and pulse until the nuts are finely chopped.
3. Return the chopped dates and add the rest of the ingredients, except the coconut, to the food processor. Mix on high speed until the mixture sticks together by itself. It should be sticky enough that it will hold when pressed together.
4. Place the coconut into a soup bowl or small, clean container. Roll heaped spoonfuls of the mixture between your hands to form a ball and coat them with the desiccated coconut.
5. Place balls in a container and put in the fridge or freezer to set.

Gift Idea

Pop these into a clear gift bag and tie with a string & tag for Christmas.