

Peppermint Chocolate Balls

Raw and Vegan

INGREDIENTS:

- 1 cup pitted Medjool dates or Deglet Noir dates
- 1 cup walnuts (or nut of your choice)
- 1 cup unsweetened shredded coconut
- 1/4¼cup organic cacao powder
- 1/2 teaspoon organic peppermint extract
- 1 pinch of salt

DIRECTIONS:

1. Soak the dates in hot water for 5 minutes and then drain excess water. Set aside.
2. With an s-blade, pulse the walnuts and coconut until crumbly. Do not over process or the oils will come out of the nuts and coconut.
3. Add the dates, cacao, peppermint and salt. Process until it comes together. This happens very quickly.
4. Form into balls and place on a plate with wax paper. Cool in the refrigerator.

They can be stored for up to a month in the refrigerator.

Nutritional Information Per Serving:

64.7 calories
4.4 g total fat
0.0 mg Cholesterol
7.3 mg Sodium
7.0 g Total Carbs
1.5 g Dietary Fiber
1.2 g Protein

DECADENCE PLUS:

1. Roll in coconut (or cocoa) before placing in refrigerator.
2. Roll in melted chocolate chips after cooling.

Recipe by Mer's Mom

