

Helene's Healthy Cacao, Coconut and Date Balls

INGREDIENTS

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



METHOD

1. Place dates in a medium bowl and cover with water. Stand for 1 hour. Drain and discard seeds.
2. Process dates, almond meal, shredded 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 tablespoons of mixture into balls. Roll in coconut to coat.