

the organic cook

personal chef service

Date walnut and raw cacao protein balls

1 cup fresh dates (take seeds out)
1/4 cup raw cacao (I use loving earth)
1/2 cup organic shredded coconut to roll mixture in
1 cup raw walnuts
Organic coconut oil (optional)

Throw all these ingredients in to a food processor and whizz until mixture is like a dough then roll into small balls, if you need more moisture add a little organic coconut oil although the oils from the walnuts will break down to provide a good texture to form little balls
Roll in the shredded in coconut and keep in the fridge.

A few more ingredients to make your own combinations

Raw cashews
Organic turkish figs
Vanilla
Orange zest
Fresh ginger
Sultanas
Carob
Spirulina
Tahina
Organic peanut butter
Organic dried apricots with raw cashews and vanilla (delicious combo)