



Chocolate Balls



- ♥ 10 Medjool dates (pitted)
- ♥ ¼ cup raw cashews
- ♥ ¼ cup raisins (no sugar or sulfites added)
- ♥ ¾ cup coconut cream or coconut milk (if dairy isn't an issue, organic heavy cream is divine!)
- ♥ 3 tbsp. raw cacao powder
- ♥ 1 ½ tsp. cinnamon
- ♥ ½ tsp. vanilla extract (pure with no sugar)
- ♥ coconut flakes (for coating)

1. Mix all ingredients (excluding the coconut flakes) in a food processor until very smooth with no chunks.
2. Taste mixture and adjust to your liking with cinnamon or cacao powder.
3. Place the mixture in the fridge to chill for 1 hour (it will make it easier to roll the balls).
4. Make small balls with damp hands and roll gently in coconut flakes.
5. Keep refrigerated or frozen.

- Other options are to add an espresso shot and roll in cacao powder or add orange zest.

Ella Hirsh
INHC, LMT, NCTMB

InnerMederi

Tel: 520-243-3833
email: ella@innermederi.com