

# Date Nut Balls



## Ingredients

- 1 cup of pitted dates
- 1 cup of slivered almonds
- 2 tbsp. of unsweetened cocoa
- 2 tbsp. of unsweetened coconut, plus more for rolling
- ½ tsp. of vanilla and 1 tbsp. of almond milk (or water)

## Instructions

1. Put 1/2 cup of coconut flakes into the food processor and process to break up the flakes slightly (about 1 minute). Do not over-process, or it will become coconut butter.
2. Remove flakes, and set aside.
3. Place dates in the food processor and process until they have broken up and come together into a ball.
4. Break up the date ball with hands and add in almonds, cocoa powder, 1/4 cup of coconut flakes and sea salt.
5. Process for several minutes, scrapping down the sides as needed.
6. Add in vanilla extract and 1 tablespoon of almond milk.
7. Process until mixture comes back together into a ball. If it doesn't form a ball, add in one more tablespoon of almond milk.
8. Remove mixture from the food processor, and roll into 2 dozen balls.
9. Roll each ball in the coconut flakes you processed earlier.

## Fun Fact

Dates are a good source of various vitamins and minerals. They are also a good source of energy, sugar and fiber. Essential minerals such as calcium, iron, phosphorus, sodium, potassium, magnesium and zinc are found in dates. Dates also make a great, natural sweetener.

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