Snack

Chocolate Date Coconut Truffles

Fudgy little bites made by blending sweet dates with roasted nuts and cocoa, then rolled in desiccated coconut. They come together in minutes with no baking required.

20 min	125	11.6 g	8.6 g
time	calories	carbs	sugars



Vegetarian

Ingredients, 12 servings

- [ ] 1 cup of fresh dates, pitted (medjool dates are best)
- [ ] 1 cup of roasted almonds or walnuts or you could use ½ cup almonds and ½ cup almonds
- [ ] ½ cup desiccated coconut
- [ ] 1 tablespoon pure cocoa powder, sifted
- [ ] 1 teaspoon vanilla essence

Method

- [ ] **1** Place the fresh dates, roasted almonds or walnuts, cocoa powder and vanilla essence in a food processor and blend until the mixture is finely combined.
- [ ] **2** Tip the mixture out and squeeze and knead it with your hands until it comes together into a ball.
- [ ] **3** Pinch off portions and roll them into small balls, pressing each one firmly so it holds its shape.
- [ ] **4** Roll each ball in the desiccated coconut until it is well coated all over.

Nutrition Facts

Per serving

Calories	**125**
Total fat	7.9 g
Saturated fat	2.7 g
Sodium	3.5 mg
Total carbs	11.6 g
Fiber	2.7 g
Total sugars	8.6 g
Protein	2.6 g

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