Snack

Chocolate Dried Fruit Truffle Bites

Dates, raisins or sultanas, craisins and dried apricots are blended into a rich cocoa paste with almond meal, oats and a splash of orange juice, then rolled in coconut. A tray of bite-sized chocolatey treats made entirely in the food processor.



Vegetarian

20 min	122	20.4 g	7.4 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 100 g pitted dates
- [ ] 100 g raisins or sultanas
- [ ] 35 g craisins
- [ ] 35 g dried apricots
- [ ] 2 tablespoons boiling water
- [ ] ½ cup almond meal
- [ ] 1 tablespoon + 2 teaspoon cocoa or cacao powder
- [ ] 2 tablespoons rolled oats
- [ ] 2 teaspoons fresh orange juice
- [ ] ½ cup desiccated coconut plus ½ extra for coating
- [ ] Note: omit the oats if you requite gluten or wheat free

Nutrition Facts

Per serving

Calories	**122**
Total fat	4.8 g
Saturated fat	Not listed
Sodium	5 mg
Total carbs	20.4 g
Fiber	2.2 g
Total sugars	7.4 g
Protein	1.5 g

Method

- [ ] 1 Tip the pitted dates, raisins or sultanas, craisins and dried apricots into a food processor and blitz until everything is finely chopped.
- [ ] 2 Pour the 2 tablespoons boiling water over the chopped fruit and let it sit for a minute.
- [ ] 3 Drop in the almond meal, cocoa or cacao powder, rolled oats, fresh orange juice and the ½ cup desiccated coconut, then blend until the mixture comes together as a paste. If you require gluten or wheat free, omit the rolled oats.
- [ ] 4 Tip the extra ½ cup desiccated coconut out onto a plate for coating.
- [ ] 5 Remove the blade from the processor bowl and roll small portions of the paste into balls between your hands.
- [ ] 6 Coat each ball in the coconut on the plate until it is covered all over.
- [ ] 7 Store your finished bites in an airtight container in the refrigerator for up to 1 week.

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