

RAW COCOA BITES

A recipe by **FoodNouveau**

INGREDIENTS

Makes 12-14 balls

- 1 cup [250 ml] pitted dates, soaked for 10 minutes and drained
- 1/2 cup [125 ml] each: raw almonds and walnuts (see note)
- 1/4 cup [60 ml] cocoa powder
- 2 tbsp [30 ml] each: sunflower seeds, flax seeds, sesame seeds, and cocoa nibs (see note)



METHOD

Place the almonds in the bowl of a food processor and blend until crumbly, just before it gets to almond butter stage. Add the walnuts, cocoa powder, sunflower seeds, flax seeds, sesame seeds and cocoa nibs, and blend until just incorporated.

Next add the dates. You can add them all at once or drop them one at a time through the feed tube, depending on how powerful your food processor is. Blend until the mixture starts holding together and becomes almost a whole mass. The flax seeds will still be whole, but the rest should be well mixed in.

Shape into about 1-inch balls (they may feel a little oily from the nut oils released, this is normal). Place on a plate and set in the fridge to chill, about 15 minutes. Keep in an airtight container in the fridge, or freeze for up to two months.

Note: For nuts, substitute: pecans, hazelnuts, cashews, pistachios or peanuts.

You can substitute dried fruits for nuts, such as dried cranberries, chopped dried apricots, or any other chopped up dried fruit that suits your fancy.