

Fudge Balls

melville
NATUROPATHY

Perfect afternoon protein snack with enough chocolate to give you a quick kick of energy.

Ingredients

- 2 cups soaked almonds (add just enough water to cover almonds, leave for at least 3 hours to soak, then discard water)
- ½ cup sultanas 1
- ½ cup soaked dates (add just enough water to cover dates, leave for at least 3 hours to soak, then set aside water)
- ½ cup desiccated coconut 2 tbsp. cacao powder (available from health food shops)

Method

Mix all the ingredients together in a blender, slowly adding date water to gain a fudgy consistency. Roll tablespoons of the mixture into balls, then roll in coconut. Best kept in the fridge or freezer