

Raw Chocolate Superfood Balls

Prep time:

10 minutes

Cooking time:

0 minutes

Yields:

6 people

Ingredients:

1 1/2 cups raw cashews
1/2 cup raw almonds
1 1/2 cups pitted Medjool dates, packed
1/4 cup raisins
1/4 cup goji berries
1/4 cup raw cacao powder
1/4 cup raw cacao nibs

Directions:

In a food processor fitted with the S-blade, place the cashews and almonds. Process until they reach a rough, powdery consistency. Don't make nut butter out of them!
Add the dates, raisins, and goji berries. You might have to use a long spoon to mix them up with the nuts and allow them to reach the blade. Process until everything is well-combined.
Add the cacao powder and cacao nibs. Process again. Like before, you might have to pause a few times and use a spoon to incorporate everything evenly. Process until all ingredients are well-combined.
Roll the dough into about golfball size balls, and place them in an airtight container. Put the container in the freezer to allow the balls to firm up, about twenty minutes to an hour.

Chef Mat Shalenko
June Health and Wellness