

VEGAN BLISS BALLS RECIPE

Vegan balls

 25 minutes 15 minutes

INGREDIENTS

- 1 cup of raw cashew nuts
- 8 units, pitted of dates, medjool (192 g)
- 1 oz of chocolate, dark, 70-85% cacao solids (28 g) or 2 Tbsp of raw cacao powder
- 1 tsp of vanilla extract (4 g)
- 1/2 cup, shredded of nuts, coconut meat, dried (desiccated), sweetened, shredded (47 g)

COOKING METHOD

- 1° Add cashews, dates, cacao powder and vanilla to a food processor. Blend and while blending add the agave syrup. Form the mixture into small balls and then roll them in a bowl with the coconut until coated. Place in fridge until balls are hardened.

NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	368 kcal	18 %
FAT	14 g	21 %
FATTY ACIDS, TOTAL SATURATED	8 g	40 %
CHOLESTEROL	0 mg	0 %
SODIUM	44 mg	2 %
CARBOHYDRATE	63 g	21 %
SUGARS	52 g	—
FIBER	6 g	25 %
PROTEIN	4 g	—