

## **Nutty Chocolate Energy Balls**

An all season recipe.....

These are so yummy and jam packed full of goodness and like the ones you find in health food shops.

You will need:

1 cup roasted almonds (I tried it with normal soaked almonds and they were definitely not as good)

1 cup dates (soak in boiling water for 10 min then drain)

1 cup coconut

1 cup other nuts and seeds (your choice; walnuts, macadamias, pumpkin seeds, sunflower seed etc)

½ cup Goji berries

½ cup sultanas

3 tablespoons of coconut oil (the secret ingredient)

5 tablespoons cocoa or cacao

4 tablespoons carob powder

4 tablespoons honey

Blend all the nuts together in a food processor using the knife blade until nuts are finely chopped (if you don't do the nuts first the mixture clumps together above the blade). Then add the fruit and the rest of the ingredients and pulse until the mixture forms the desired consistency. Roll into balls and store in the fridge for a delicious snack.

Recipe by Eeka