

CHOC BALLS

 MAKES 30

INGREDIENTS

- 2 cups pitted dates
- 2 cups rolled oats
- 2 cups rice puff cereal
- 1/3 cup cocoa
- 1/4 cup honey (or less - to taste)
- 2 tablespoons monounsaturated margarine (or olive oil)
- 1 teaspoon ground cinnamon
- 1/2 cup desiccated coconut - for rolling
- Water - as needed



METHOD

1. Roughly chop dates and add to food processor. Pulse dates until they are finely chopped. Add a sprinkle of warm water to soften dates if needed.
2. Place remaining ingredients (except for coconut) into the food processor. Blend until well combined.
3. Pour coconut into shallow bowl. Using clean wet hands roll teaspoons of the mixture into ball shapes.
4. Toss in desiccated coconut and serve

These can be stored in the fridge for up to 5 days!