

Datey Dollops

Full of magnesium, B vitamins and slow-release energy, these quick and easy Dollops are a great snack to replace refined sugar or salty nibbles.

What you will need:

- 120g pitted dates
- 120g almonds
- 60g cocoa powder
- 60g desiccated coconut
- 60g coconut oil

1. Soak the pitted dates in hot water for half an hour
2. Blend the almonds with the cocoa powder, desiccated coconut and coconut oil until you are left with a smooth mixture
3. Add your dates to the mixture, along with 4 tbsps of the soaking water and blend until everything is smooth
4. Next, let the mixture sit for 15 minutes and then roll into balls – you can roll them in desiccated coconut, crushed pistachios, or sesame seeds if you like
5. This will make about 12 balls for you to enjoy.

