



cara price

DARK CHOCOLATE HAZELNUT BALLS

INGREDIENTS

12 medjool dates, pitted
1 cup hazelnuts
3 ounces dark chocolate
2 tablespoons sunbutter (or cashew
butter)
1 tablespoon maple syrup (optional)
1 teaspoon vanilla
1/2 teaspoon salt

DIRECTIONS

melt the dark chocolate in a double boiler or microwave-safe bowl & then set it aside.

place the hazelnuts & pitted dates into a food processor. turn on high for about 30-45 seconds. You want the mixture to end up being chopped into pieces about the size of grains of rice.

Add in the sunbutter (or cashew butter), maple syrup (if using), vanilla & salt, then process again for another 30-45 seconds until well combined.

pour the melted chocolate into the food processor & turn it on again for another 5-10 seconds. at this point, the mixture should be pretty smooth, with only small pieces of the hazelnuts visible.

use a medium size cookie scoop to scoop out the date mixture. roll each scoop into a smooth ball, then refrigerate for 2 hours before serving.