



## RAW CHOCOLATE-CHIA SEED BALLS (NUT FREE)

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Yield: approximately 20 pieces

### Ingredients

- ❖ 1½ cups pitted dates (can use Medjool dates for extra chewy), chopped finely
- ❖ ½ cup raw Cacao powder (“Navitas Naturals”)
- ❖ 3 tablespoons coconut nectar (“Coconut Secret”)
- ❖ 2 tablespoons extra virgin coconut oil (“Spectrum”)
- ❖ 1/2 cup shredded unsweetened coconut
- ❖ ½ cup chia seeds (whole or ground)\*
- ❖ 1 teaspoon natural vanilla extract (“Frontier”)
- ❖ Pinch of sea salt



### Procedure:

1. Place dates in a food processor until they form a paste.
2. Add cocoa powder, coconut nectar, coconut oil, shredded coconut, chia seeds, vanilla extract and sea salt.
3. Pulse until all ingredients are combined.
4. Using a tablespoon to measure, roll the dough into balls. They can be eaten immediately or placed in the fridge or freezer for a chewier texture.
5. Store in refrigerator.

\* Use whole chia seeds for a crunchier texture

\* For additional nutritional benefit add 1 Tablespoon of Maca powder (“Navitas Naturals”)