



# Energy Date Balls

Submitted by Janie Bonfim

## Ingredients

- 200 g (7 oz) pitted medjool dates
- 85 g (3 oz) walnuts
- 50 g (1.76 oz) dried cranberries
- 3 Tbsp desiccated/shredded coconut
- 1 Tbsp coconut oil



## Directions

1. Process nuts for 10-15 seconds until crumbly.
2. Add all the ingredients and process until sticky, about 1 minute.
3. Squash the mixture and roll between your hands to form balls.
4. Roll the balls in coconut.
5. Store the balls in the fridge up to a week.