

Herbal Legacy Recipes

Fig/Date/Coconut Balls

INGREDIENTS:

- 2 C. soft pitted date
- 6 dried figs, stems removed
- 1/2 C. your choice of nuts/seeds
- 1 Tbs. coconut oil
- 2 Tbs. hot water
- pinch of salt
- 1 C. unsweetened coconut
- 2 TB unsweetened cocoa (or carob powder)

DIRECTIONS:

1. Blend (can use a food processor) the dates, figs, nuts/seeds, coconut oil, hot water and pinch of salt until it starts to stick together.
2. Add the 1 C. unsweetened shredded coconut 2 Tbs. unsweetened cocoa or carob powder.
3. Roll in additional unsweetened cocoa/carob powder and unsweetened coconut and form into balls.
4. Freeze to set!

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