

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Fig/Date Coconut Balls

INGREDIENTS:



- 2 C. soft pitted dates
- 6 dried figs, stems removed
- ½ C. your choice of nuts/seeds
- 1 Tbs. coconut oil
- 2 Tbs. hot water
- Pinch of salt

Process above ingredients until it starts to stick together

- 1 C, unsweetened shredded coconut
- 2 Tbs. unsweetened cocoa/carob powder

DIRECTIONS:

Roll in unsweetened cocoa/carob powder and unsweetened coconut and form into balls and freeze to set!