

CocoaSpheres

Ingredients:

1 -1/3 cups mixed nuts and seeds (raw & unsalted)
(I used a mixture of pumpkin, almonds, walnuts, and pecans)
1/3 cup coconut cream concentrate
(Please see end of recipe for details on where to purchase)
1/3 cup shredded coconut, unsweetened
1/2 tsp. cinnamon, ground
1/2 tsp. nutmeg, ground (optional)
1 ” fresh ginger, grated
4 – 5 medjool dates, pitted
1/4 cup water
1/3 cup cocoa powder, unsweetened
(I like the organic version from Rapunzel, or from Valrhona)
Pinch of Celtic sea salt

First, place the nuts and seeds in a food processor and pulse a few times to roughly chop up the mixture. Then, add in the rest of the ingredients EXCEPT the cocoa powder. Blend until the mixture starts to hold together.

Add a little more water (one tbs. at a time), if it seems too dry. Be sure to use a knife or spatula to scrap the bottom and sides to ensure that everything is well blended and of the same consistency.

Extract a heaping tablespoon of the mixture onto your palm and roll with both hands until a sphere is formed.

(Hint: if you wet your palms slightly, the spheres will turn out smoother.)

Continue with the rest in the same fashion. You should end up with about 13 – 15 rounds. Now place the cocoa powder into a shallow dish, preferably one that has a slightly raised rim (to prevent the rounds and cocoa from rolling off).

Place five spheres onto the dish and just gently rock the dish back and forth. Watch the spheres roll 'round and 'round and coat themselves merrily in the cocoa powder.

That's it! Serve them with a cup of tea or enjoy as an after dinner treat with a glass of port. Leftovers can be kept up to 5 days in an airtight container.

Original recipe by Karen Wang Diggs, Certified Nutrition Consultant + Therapeutic Chef
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