

RAW CACAO ENERGY BALLS

Ingredients:

- ▶ 1/2 cup raw almonds (soaked and dried)
- ▶ 1/2 cup raw walnuts (soaked and dried)
- ▶ 1 cup sattu
- ▶ 2 tbsp raw cacao powder
- ▶ 1/4 to 1/2 tsp pink Himalayan salt
- ▶ 3/4 cup dates (chopped)
- ▶ 1-2 tbsp water

Method:

1. Pulse the almonds, walnuts, sattu, cacao and salt in a food processor until the nuts break down and combine with the other ingredients.
2. Add the dates and a tablespoon of water and run the food processor until the mixture becomes thick and sticky.
3. You should be able to squeeze a bit of the mixture between your fingers. If it's too loose and crumbly, add another tablespoon of water and process until everything comes together.
4. Scoop pieces of the mixture and roll it into balls between your palms, slightly smaller than the size of a golf ball.
5. Line them up on the baking sheet and place it in the refrigerator to chill for at least an hour, overnight if possible.
6. Sprinkle some fresh/dry coconut over the balls. (optional)
7. Store the raw cacao energy balls in an airtight container in the refrigerator or freezer.

Notes:

- ▶ Raw cacao is a storehouse of antioxidants that have a positive effect on heart and brain health and inflammation.
- ▶ Cacao and dates, both contain great levels of magnesium, which is an essential mineral during times of stress and helps you to feel more relaxed.
- ▶ These balls serve as great snack or dessert. It's a great snack to carry during travel or hikes.
- ▶ Raw cacao is not to be confused for cocoa. Cacao is made by cold-pressing raw cacao beans ensuring that no nutrients are lost by heat treating.

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