



Date-Nut Energy Balls

Adapted from: detoxinista.com

Prep time: 15 min Total time: 24 Serves: 24 truffle balls



INGREDIENTS

- 2 cups walnuts (or other nut/seed of choice on acceptable alkaline list)
- 1 cup shredded unsweetened **coconut**
- 2 cups soft Medjool **dates**, pitted
- 2 tablespoons coconut oil
- 1/2 teaspoon sea salt

INSTRUCTIONS

1. In a large food processor fitted with an "S" blade, process the walnuts and coconut until crumbly. Add in the dates, coconut oil and sea salt, and process again until a sticky, uniform batter is formed.
2. Scoop the dough by heaping tablespoons, then roll between your hands to form balls. Arrange them on a baking sheet lined with parchment paper, then place in the freezer to set for at least an hour before serving. Store the balls in a sealed container in the fridge for up to a week, or in the freezer for an even longer shelf life. (I prefer them frozen, myself!)
3. For a gourmet-looking truffle, you could also roll them in shredded coconut-before chilling!