

CHOCOLATE BLISS BALLS RECIPE:

for the batter:

- 1 carrot
- ½ cup of nuts or seeds (almonds, cashew, sesame, chia seeds, ...)
- 1 cup dates (soaked in hot water for 20 - 30 seconds, drain and pat the date with kitchen paper to remove excess water)

Put all the ingredients in the food processor and process until it become all smooth.

for the chocolate

- 50g cocoa butter
- 30g raw cacao powder
- 1 Tbsp maple syrup

(if in a hurry, use melted dark dairy free chocolate, one bar or more

melt the cocoa butter in a pan over a sauce pan with hot water, add cacao powder and maple syrup, stir well until it combines (or simply melt the chocolate in the pan). Add the warm chocolate to the batter and blend until well combines.

for the topping:

- ¼ cup coconut shreds or sesame seeds

Roll the batter with palms of hand into golf ball sizes and coat with sesame or coconut shreds.
ENJOY!