**Date balls:**

Generic recipe:

½ cup nuts

6-8 medjool dates

2 Tbs powders or other add in

¼ cup fruits

General instructions:

1. chop the nuts
2. add in the fruit & cocoa or other add-ins
3. mix in the dates

I use a small chopper/ food processer for the batches.

To make the balls I press the mix into a ¼- cup measure and then divide that in fourths.

Recipes make between 12-16 depending on the size of the ball. (Except the last one which has a greater volume of ingredients.)

Each piece is roughly one tablespoon and between 65-70 cal.

Carrot/Cashew/Ginger

¼ cup dried carrots (powdered)

½ cup cashews

5 pcs crystallized ginger

8 dates

Peanut/Coconut/Chocolate

½ cup peanuts

¼ cup coconut

2 TB cocoa

8-10 dates

Pineapple Ginger

½ cup nut blend

6-8 dates

¼ cup dried pineapple

5 pcs crystallized ginger

Almond butter/cocoa

½ cup almond butter

6 dates

¼ cup cocoa

(ground nut powders as needed for texture)

Six Taste Date Balls (makes 20)

1/3 cup nut blend

1/3 cup hazelnuts

10 medjool dates

¼ cup dried tart cherries

1/8 tsp salt

4 crystallized ginger pieces

2 Tbsp cocoa (unsweetened)