



Little chef  
recipe

# Date balls

## Ingredients

(for 15-20 balls)

- ♥ 200 grams of dates
- ♥ 100 grams of unsalted nuts.  
For example almonds, hazelnuts or walnuts.
- ♥ 2 tablespoons of cocoa powder
- ♥ Grated coconut

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- ♥ Blender/hand blender
- ♥ Bowl with hot water
- ♥ Bowl for the coconut
- ♥ Refrigerator

## Instructions

1. Pit the dates.
2. Soak the dates for five minutes in a bowl with hot water.
3. Blend the dates with the nuts, the cocoa, and a small bit of the grated coconut in a blender.
4. Add a tablespoon of water and mix the ingredients well together.
5. Roll the mixture into balls and then roll them in the grated coconut.
6. Place the balls in the refrigerator for at least an hour.

**Tip!** You can also replace the coconut with orange zest!