

## Dates and Cashew Vegan Balls

### Ingredients

- 1 cup dates, pitted
- 1 cup cashew nuts
- ½ cup grated coconut
- A pinch of rock salt
- 1 Tbsp virgin coconut oil

### Method:

1. Soak the dates in water for 1 hour. Drain and pat dry.
2. In a food processor, add the cashew nuts and grated coconut and blend until nice and crumbly.
3. Add the dates, salt and virgin coconut oil and pulse again until you acquire a sticky mixture.
4. Take small scoops of the mixture on your palms, and roll to form balls. Place the balls on a baking tray lined with parchment paper, and refrigerate for at least 1 hour. Serve chilled.



**Key Ingredients:** dates, cashew nuts, coconut oil, coconut