

Bliss Balls

17 oz dried, pitted dates

1 Tbsp cocoa powder

1 Tbsp tahini

Options:

1 1/3 cups of **nuts and seeds** (I

4 Tbsp rum

used a mix of pecans, almonds,
cashews and sesame seeds)

1/3 cup shredded coconut

In a dry pan, TOAST the nuts – watch them carefully – golden only, no black
When you are finished the nuts, REMOVE them and TURN THE HEAT OFF,
TOAST the seeds and coconut with the residual heat in the pan. This won't take
long!

PROCESS the nuts to small pieces (pulse mode).

SET ASIDE the nuts, seeds and coconuts.

SQUISH the dates with your hands and put them into a processor. (REMOVE
any pits that made it past the pitting process)

PROCESS the dates and tahini (maybe in 2 or more batches) until they are not
dates anymore. It will now be a thick paste. I don't have a processor, so did 2
batches with my hand whizzer. It was good for a couple minutes at a time, then it
got hot and I had to put it in the freezer for a while to cool off (the machine, not
the dates!)

In a large bowl, KNEAD the date paste and the nuts, seeds and coconut (and
rum, but I would add this later, after making a few balls for the kids first) together.

SPRINKLE a bit of the cocoa on the plate.

MAKE balls and put them on the plate.

SPRINKLE balls with more cocoa.

Notes: Makes 12-24 balls. Can be refrigerated. We don't know if they can be
frozen, but I'd bet they could.