

Cashew-Walnut Balls (makes around 45)

Ingredients:

- 1 1/2 cups cashews
- 1 1/2 cups walnuts
- 1 1/2 cups Medjool or Deglor organic dates, pits removed
- 1 1/2 cups quick oatmeal
- 3 tbsp peanut butter (or your favorite nut butter)
- 1 1/2 tbsp pure maple syrup
- 1 1/2 tsp (= 1/2 tbsp) pure vanilla
- About 3/4 tsp salt
- 6 tbsp chopped 85% chocolate (go as low as you can with the percentage to keep the sugar content down and the health factor high, but still choose something you like-you can also start with 70% chocolate and go from there)
 - Avoid using chocolate chips, since they are so high in sugar



Directions:

1. Add nuts to food processor and chop well.

**This is an important step; if you add other ingredients before chopping the nuts, the food processor can get stuck.
2. Add remaining ingredients and mix well.
3. Press into balls. The easiest way to do this is to use a spoon to scoop enough dough into your hand to form a 1- 1 1/4" ball. Then form the ball by pressing the dough together until it makes a ball. If you handle the dough too much, it will fall apart.
4. Freeze in an airtight container.