

Cashew Walnut Balls

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:

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. Add remaining ingredients and mix well. Roll into balls. Freeze in an airtight container.