

## Bliss Balls

**500 g dried, pitted dates**

15 ml cocoa powder

15 ml tahini

*Options:*

333 ml of **nuts and seeds** (I used a mix of pecans, almonds, cashews and sesame seeds)

60 ml rum

83 ml 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 bet they could.