

Craving an ooey-gooey candy bar, or just have a sweet tooth that won't ease up? Indulge in a nutrient-rich option that only tastes like pure indulgence: bliss balls. Infused with our raw caramelized cacao beans and caramel-like blended dates, you won't notice the difference between your favorite chocolate treat and these mineral-rich bites.

Raw Cacao Energy Balls

Prep: 10 minutes

Total: 20 minutes

Serves: 10-20 balls, depending on desired size

Ingredients:

1 cup raw blanched almonds (cashews work as well!)
¼ cup Ava Jane's Kitchen Organic Caramelized Cacao Beans
8 pitted dates
2 Tablespoons raw cacao powder
1 teaspoon vanilla extract
2 teaspoons Ava Jane's Kitchen Raw Yucatan Honey
½ cup shredded unsweetened coconut

Instructions:

Add almonds, dates, vanilla, cacao beans, cacao powder, and honey to your food processor. Pulse until a sticky paste is formed (you may have to scrape the mixture down the sides during the process a few times).

Once the paste is smooth, roll into balls of desired size, then roll in shredded coconut to coat.

Place in the fridge for 10-20 minutes to harden further.

Serve chilled.

*If you find the mixture too thick to where you can't blend the ingredients in your food processor, add a teaspoon of melted coconut oil. Keep in mind you want this to be very sticky in order for the balls to form.