



Date orange and almond truffles

RECIPE

INGREDIENTS

- 100 g whole almonds
- 100 g Medjool dates pitted
- 25 g desiccated coconut
- Zest of half an orange
- 1 to 2 teaspoons freshly squeezed orange juice

To coat:

- 50 g desiccated coconut
- 50 g unsweetened coconut powder

INSTRUCTIONS

- Combine almond, dates, coconut, and orange zest in a food processor
- Pulse until finally chopped resembling breadcrumbs
- Mix should be sticky when you press between your fingers
- Add 1 teaspoon of the orange juice to bind pulse again in food processor
- Remove and roll to shape into walnut sized balls
- Place onto parchment lined tray and set aside in fridge

Nutrition tip

Dates are packed with an impressive list of essential ingredients, vitamins, and minerals. They're also very rich and dietary fiber. Dried dates give energy and nourishment to the body, especially through the winter months

"Tell me what you eat, and I will tell you who you are."

Brillat-Savarn