

Fudgy Calcium Rich Treats

Ingredients

½ cup desiccated coconut
½ cup meejool dates
½ cup dried figs (stems cut out)
4 tbsp tahini or to taste
Zest of 2 oranges
3- 5 tsp raw cacao

Options to roll the balls in

Dragon fruit powder
Blue Pea powder
Beetroot powder
Desiccated coconut
Blue spirulina
Raw cacao powder
Activated buckwheat

Method

1. Process the dates and figs in the food processor until fine add the coconut and orange zest and blitz again.
2. Add the tahini and raw cacao and process until combined.
3. Place whatever you choose to roll the balls in in small bowls then shape the mixture into balls and roll them in chosen powders etc.

Will last in fridge a week or freeze for 3 months.



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