

Mind Calming Almond Dessert Balls

Chocolate Almond Balls

Ingredients

- 1 cup almonds or cashews
- 1/4 cup cacao powder
- 1/2 unsweetened shredded coconut divided
- 1 cup pitted Medjool dates
- 1 1/2 tbsp coconut oil
- 1 tbsp raw honey

Directions:

Combine almonds, cacao powder and 1/4 cup of shredded coconut in food processor. Process into fine powder.

Add in soaked dates, coconut oil and honey. Pulse until a dough like consistency

forms. Roll batter into small bite size balls. Then roll balls through a bowl with the remaining shredded coconut.

Oat Almond Balls

Ingredients

- 1 cup rolled oats
- 1/2 cup natural almond butter
- 1/4 ground walnuts
- 1/4 cup honey or maple syrup
- 1/4 cup apple sauce
- 1tbs chia seeds
- 2 tbs ground flax seeds or flax seed meal
- 3 tbs mini choc chips
- pinch of salt
- 1/4 tsp. ground cinnamon

Directions:

Stir all ingredients until well combined.

Cover and leave in fridge for 1 hr.

Create small, circular bites or cut into bars.