



## Almond Cocoa Date Energy Balls

Yield: 16 Energy Balls

Total Time: 5 Minutes

### Ingredients:

- 1 Cup of Almonds
- 1 Cup of Unsweetened Shredded Coconut
- 1 ½ Cup of Pitted Dates
- 1 ½ Tablespoon of Unsweetened Cocoa Powder
- 1/2 Teaspoon of Cinnamon
- 1/2 Teaspoon of Cardamom

-1/2 Teaspoon of Star Anise

-1/4 Cup of Water

### Equipment Needed:

- Blender or Food Processor
- Measuring Cup
- Measuring Spoons
- Large Glass Bowl/Glass Jar for Storing
- Parchment Paper

### Prep & Directions

- Get a measuring cup and measure 1 cup of almonds and pour into the food processor/blender
- Get the measuring cup and measure 1 cup of unsweetened shredded coconut and pour into the food processor/blender
- Get the measuring cup and measure 1 ½ cups of pitted dates and pour into the food processor/blender
- Get your measuring spoons and measure 1 ½ tablespoons of unsweetened cocoa and pour into the food processor/blender
- Get your measuring spoons and measure ½ teaspoons of cinnamon and pour into the food processor/blender
- Get your measuring spoons and measure ½ teaspoons of cardamom and pour into the food processor/blender
- Get your measuring spoons and measure ½ teaspoons of star anise and pour into the food processor/blender
- Then cover your food processor or blender and turn it on the low setting and then set to high gradually until all ingredients are mixed and stop
- Then get a measuring cup and measure ¼ cup of water and pour into the food processor/blender
- Then cover your food processor/blender and turn it on the low setting and then set to high gradually until all ingredients are mixed and stop
- Get a sheet of parchment paper and put the mixture from the food



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processor/blender onto the sheet  
-Gently get a small handful of the mixture and roll into a ball on the palm of your hand and continue this process until the mixture is finished (the balls can be made small, medium, or large depending on your taste)

\*\*\*\*\* Adjust spices to suit your taste buds but add minimal amounts gradually. \*\*\*\*\*