

Lucy Brown – Vikings

Healthy Raw Chocolate Jaffa Balls

Ingredients:

- 1 Orange Skin (with a vegetable peeler, only peel orange part of skin. Not white part)
- 1 ¾ cups of dried dates (approx. 200g)
- 1 cup of almond meal (approx. 100g)
- 1 cup of cashew nuts (approx. 100g)
- 1 cup of shredded coconut (approx. 50g)
- 15g of cacao
- 100g of quality chocolate (dark or milk)
- 3 drops of orange oil (we use brand DoTERRA)
- ½ teaspoon of water (only use if necessary)

WARNING: Contains Nuts

Note: If you don't have orange oil, substitute the skin of a second orange

Method:

- Add all ingredients (except water) into Thermomix or food processor
- Blend ingredients together
- As ingredients blend, oils from orange peel, almonds and cashews will release and moisten them mixture ready to roll into ball
- If mixture appears too dry and won't form balls, add ½ teaspoon of water and blend
- When mixture is ready, roll into balls and place in container
- Store in fridge or freezer for a chilled snack