



# ALMOND DATE BALLS

- Calories:55
- Carb:3.5g
- Fat:3.4g
- Protein:1g
- Prep time:10 mins
- Total time: 20 mins
- Servings:18 balls
- Category: Dessert

## INGREDIENTS

- 1 cup flaked almonds
- 2 tbsp flaxseeds
- 2 tbsp sesame seeds
- 4 tbsp unsweetened shredded coconut
- 1 cup medjool dates
- 3 tbsp desiccated coconut
- 2 tbsp almond milk

## DIRECTIONS

01

In a food processor, add dates, almond and desiccated coconut, process until smooth.

02

Put the dates and coconut mixture in a mixing bowl.

03

Whisk in the flaked almonds, seeds and shredded coconut in the batter until well combined

04

Shape the mixture into balls and put on a lined plate.

05

Place in the fridge until firm, keep in an airtight container, enjoy!