Cacao Walnut Sweet Treat

One bite is all you need to satisfy your chocolate craving!



Prep Time: 10 minutes

Cook time: No cooking

INGREDIENTS

• 1 cup walnuts

- 1 cup Medjool dates (remove pits and soak them in boiling water for 15 minutes)
- 3 tablespoons cacao powder and extra 2 tablespoons for rolling

PREPARATION

- Place the walnuts in a food processor and blend until they have a crumbly texture.
- Add the dates, cacao powder and blend again.
- Roll balls with your hands.
- Place 2 tablespoons cacao in a bowl and roll balls in the cacao to coat them.
- They're ready to enjoy or you can chill them for 30 minutes.
- Store them in the refrigerator enjoy!

Nutrition and Recipes created by Paula Montagna, MS, RD, CDN, CNSC, Director of Clinical Nutrition at Stony Brook Southampton Hospital

Yield: 15 servings

