

Choc Mint Slice Bliss Balls



Ingredients

- 1 cup dry roasted or natural almonds
- 1 cup dry roasted or natural cashews
- 12 medjool dates, seeds removed or soak 12-15 dried dates in hot water for 10 minutes, then drain (about 1 cup)
- 3 tablespoons of raw cacao
- 1 Tbs of coconut oil
- pinch of Himalayan salt
- 1/4 teaspoon of food grade peppermint oil or 1 teaspoon natural peppermint extract

1. Place the almonds and cashews into your food processor and blend until the mixture resembles a coarse flour.
2. Add the dates and cacao and blend until the mixture is a fine, sticky crumb.
3. Add the coconut and peppermint oil or extract, mix in your processor.
4. Roll mixture into balls and place into the fridge to set. These are delicious, enjoy!

Tips

* Macadamias, walnuts, brazil nuts, pecans are great nut options too

* If mix is a little dry, you can add more coconut oil

Storage: Store in an airtight container in the fridge. They will last for 7-10 days in the fridge (if you don't eat them all hehe).