

Date Energy Balls

Prep time: 20 mins

Makes: 24

A quick and easy treat, perfect for a satisfying snack. This is a basic recipe. You can experiment with different nuts and seeds and dried fruits to create endless variety. Some examples include adding raw cacao powder, goji berries or I like to use DoTerra essential oils for flavouring i.e. peppermint and orange.

Ingredients

- 1 cup nuts e.g. walnuts/pecans/brazil/hazelnuts or other nut/seed of choice
- 1 cup of seeds e.g. Sesame seeds (high in calcium)/sunflower seeds, pumpkin seeds.
- 2 cups soft Medjool dates, pitted
- 1 cup of coconut chips/shredded coconut
- 2 tablespoons coconut oil
- 1 teaspoon sea salt
- 1 teaspoon vanilla extract
- 1 cup of shredded coconut for rolling the balls in

Instructions

1. In a large food processor fitted with an 's' blade, process the nuts/seeds and coconut chips until crumbly. Add in the dates, coconut oil, vanilla, sea salt or essential oil and process again until a sticky uniform batter has formed.
2. Scoop the dough by heaping tablespoons, then roll between your hands to form balls.
3. Roll the balls in some shredded/desiccated coconut to finish.
4. Arrange them on baking paper in a container, then place in the freezer to set for at least 3 hours before serving. Store the balls in a sealed container in the fridge for up to a week. Or I prefer and enjoy them straight out of the freezer, which also gives them a much longer shelf life.



Chocolate Crazy Goodness Cake

Preparation time: 10 mins

Cooking time: 30 mins

Preparation

This recipe is best if you have a high powered food processor, which can mill seeds into flour as I find it can be difficult to find sesame flour.

Ingredients

- 1 cup sesame flour or sesame meal
- ½ cup ground flaxseed
- 1/3 cup cacao powder;
- 1 cup coconut sugar
- 1 tsp baking soda
- 1 tsp baking powder
- ½ tsp sea salt
- 1 tsp apple cider vinegar
- 1 tsp pure vanilla extract
- 5 tbsp coconut oil
- 1 cup water

Method

1. Preheat your oven to 175°C.
2. Line a baking 20cm x 20cm pan with baking paper.
3. Whisk together the first 7 dry ingredients.
4. Make 3 depressions in the dry mixture, 2 small and 1 large.
5. Pour the vinegar in a small depression, the vanilla extract in another and the oil in the large depression.
6. Pour the water over the top and stir until smooth.
7. Spread the batter into the baking pan.
8. Place in the middle rack of your oven and bake for 30 minutes or until a toothpick in the centre comes out clean.
9. Allow to cool for 10 minutes before removing to cutting board for slicing.

Comments

I like to eat this cake without any icing, which is what is recommended on the wholefood challenge. It becomes a great snack/treat that ticks all the boxes.