
GENIUS CHOCOLATE BALLS

This was the very first recipe I made when I started the Earth Diet. I love the original recipe; however, over the years I have added more superfoods, making it an even more powerful brain food!

Making healthy chocolate is easier than you may think. This recipe is probably simple enough for you to remember for the rest of your life without even looking. This chocolate can stay fresh in the fridge for two weeks and in the freezer for three months. The tapioca flour makes the chocolate balls very soft and delicious.

Total time: 10 minutes • Makes 12 balls

Ingredients:

- 1 cup nut meal (finely ground almonds or other nuts) or tigernut flour
- ¼ cup cacao powder
- 2 dates, seeded and diced
- 2 tablespoons honey
- 1 tablespoon MCT oil
- 1 tablespoon tapioca flour
- ½ teaspoon vanilla
- ½ teaspoon salt

Actions:

1. Mix all the ingredients in a bowl, then roll the mixture into 1-inch balls with your hands. If the dough is sticky, add more nut meal. If the dough is too dry, add water.
2. These are ready to eat as soon as you roll them, but they can also be stored in the fridge or freezer for a different texture.

Tip:

For a cool-looking chocolate ball and some extra texture, roll them in hempseeds, goji berries, or chopped walnut pieces.