



Nutty Date Truffles



Ingredients

150g soft medjool dates, pitted
75ml almond, cashew or peanut butter
2 tbsp olive oil
2 pinches sea salt
1 tbsp ground almonds
175g 70% dark chocolate
2 tbsp flaxseeds

Method

Blitz the dates, nut butter, 1 tbsp of the olive oil, ground almonds, salt and flaxseeds in a food processor to make the truffle.

Take a teaspoon of truffle mixture. Use your hands to form into small truffle-sized balls. Place onto a greaseproof paper-lined plate and chill for 20-30 mins. Melt the chocolate with the remaining olive oil, remove the truffles, and dip each one in the chocolate on a cocktail stick.

Return to fridge for chocolate coating to set. Store in an airtight container in fridge for up to a couple of weeks.

These are filling little balls, so one should suffice as a mid-morning / afternoon pick-me-up. Two for a treat!