

Super Cacao & Goji Berry Squares

(212 carbs total)

Ingredients:

- 1 cup raw almonds
- 1/2 cup raw cashew nuts
- 1-1/5 cups dates (1.6 oz is 1/5 of a cup)
- 1 cup desiccated coconut
- 2 tablespoons cacao powder
- 2 tablespoons melted coconut oil
- 1/4 cup goji berries

Instructions:

1. In the food processor or blender place all of the nuts and dates. Blitz on high until they broken down into a fine crumble. How long this takes will depend on your appliance.
2. Add the desiccated coconut and cacao powder and blitz again until combined.
3. Add the melted coconut oil and the goji berries and mix on low until combined.
4. Roll the bliss balls by gathering a tablespoon size of mixture, squeeze it together and from there roll the ball until round and smooth.
5. Place in the fridge to set for at least 1 hour. They will keep in the fridge or freezer for weeks, if you don't eat them first!