

## Coconut Revolution power balls

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## Coconut Revolution power balls

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These coconut and cacao balls taste so good it's hard to believe they are sugar free, nutrient dense and full of goodness.

### **Ingredients** (makes 20 balls)

- 8 large dates
- 4 tbsp [Coconut](#) Revolution Coconut Oil for the Kitchen
- ½ cup almond meal
- ½ cup LSA, which is made from ground linseeds, sunflower seeds and almonds
- 4 tbsp raw cacao powder
- 4 tbsp cacao butter
- 4 tbsp shredded unsweetened coconut

### **Method**

Remove the date pits and chop into small pieces.

Melt the coconut oil by sitting the container in a bowl of warm water if solid.

Pour all ingredients in a blender or food processor and pulse. Stir the mixture around a few times in between pulses to blend completely.

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Scrape the mixture out of the blender into a mixing bowl using a spatula.

Massage a little coconut oil onto your hands and knead the mixture into one large ball. Then take a teaspoon and spoon small amounts of the mixture into your hands and roll it into round balls. Continue until all the mixture is used.

Roll each ball in desiccated coconut and rest in the fridge for 30 to 60 mins until firm.

[NEXT: Coconut, cranberry and cacao truffles recipe>>](#)

*Coconut Revolution's Coconut Oil for the Kitchen is available in three sizes: 200ml \$12.95, 420ml*

*\$19.95 and 670ml \$29.95.*

*To view all of Coconut Revolution's dietary and beauty products, visit [coconutrevolution.com.au](http://coconutrevolution.com.au)*

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