

Cranberry and cacao balls

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Looking for healthy snack ideas? There's nothing like the classic flavour combination of chocolate and cranberry. But who needs all that refined sugar and fat? Try these balls for all the flavour but no nasties.

Ingredients (makes 26–28 balls)

- 200g [dates](#)
- 150g desiccated [coconut](#)
- 20g raw cacao powder
- 150g dried unsweetened cranberries, roughly chopped or processed
- 20g coconut flour
- 50g [coconut oil](#), melted
- 50g desiccated coconut, extra, for rolling

METHOD

Place dates in a large bowl and add water until dates are fully submerged. Cover bowl with plastic wrap and microwave on high for five minutes.

Drain dates in a sieve and then transfer them back to the bowl. Using a handheld stab mixer, blender

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or food processor, purée the dates until smooth. Allow to cool a little.

Put 150g desiccated coconut, cacao powder, cranberries and coconut flour into the bowl. Add the coconut oil. Stir to combine. The mixture will be quite firm.

Roll dessert spoonfuls of the mixture into [balls](#). Roll balls in the 50g desiccated coconut. Refrigerate for 30 minutes or until firm.

Recipe and images by [Kate Crocker](#)

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