

Cranberry and cacao balls

Search:

- [Desserts](#)
- [Recipes](#)

Cranberry and cacao balls

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)



Rate this recipe

15 people are cooking this [Count me in](#)

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

Cranberry and cacao balls

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](#)

NEXT: [Lemony sunflower balls>>](#)

-

```
function displayNutrition(msg) { $('<div>.nutrition-label-container').text(msg); $('<div>.nutrition-label-container').fadeIn(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { // $('<div>.result').html(data); alert('This recipe was added to your favorites list'); }); }
```