

## Date and Cashew Truffles

Sweet but healthy.



Medjool dates and cashews truffles are little bites of heavenly decadence! These tasty treats are guilt-free and made from four simple ingredients.

### Ingredients

2 cups raw cashews

1½ cups soft Medjool dates pitted (If dates are hard, soak in hot water until soft.)

¼ cup unsweetened almond milk

¼ cup shredded, unsweetened coconut

### Directions

Process the cashews in a food processor until finely ground. Reserve ½ cup.

Add dates and process until well blended. Add small amounts of almond milk if needed until ingredients hold together.

Roll the mixture in your palms to make 36 1-inch balls. Combine reserved cashews and coconut and roll balls in mixture to coat.

*Recipe courtesy of James F. Loomis, M.D., MBA, Medical Director, Barnard Medical Center.*

**Nutritional information** (per serving, 2 balls)

Calories 163

Fat 4 g

Cholesterol 0 mg

Sodium 5 mg

Carbohydrates 23.9 g

Fiber 2.4 g

Protein 3.3 g

Sugar 6.9 g



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