

# Dessert Recipe

## 6 Week Big HealthE Loser Program

### Ingredients

15-16 Medjool Dates, Pitted

1/3 Cup Raw Cashews, soaked for 5 hours

2/3 Cup Raw Walnuts, soaked for 5 hours

2 T. Cocoa Powder, unsweetened

1/4 tsp. cinnamon

1/4 tsp. sea salt

1/2 tsp. cayenne pepper

2 T. water

2 Cups Coconut Flakes, unsweetened & toasted. Spread out on a plate for coating.

### *Coconut Delights*

#### *Directions*

Toast coconut in a dry non-stick saute pan or in the oven at 375 degrees until lightly browned. Spread coconut on a baking sheet to cool. Drain the soaked nut & put into a food processor with all other ingredients EXCEPT coconut. Process until all ingredients are mixed well and forms a ball. You may need to add more water to be able to blend the mixture properly. It should feel soft. Add water 1-2 tsp. at a time. Keep a bowl of water handy to wet your hands to facilitate rolling. Measure about 1 T. of mixture and roll into a ball. Roll the balls into the coconut & coat well.

Makes 24 pieces.