

Raw Peanut Butter Balls

Very easy to make and require no baking, though you'll definitely need a sturdy food processor to chop and blend the dates.

Ingredients:

2 cups walnuts

1 cup dates*, pitted

½ cup raisins

½ cup peanut butter (almond butter is a delicious substitution)

3 Tbsp (to taste) organic cocoa powder (optional but great for chocolate-lovers)

½ -1 tsp. vanilla extract

½ tsp salt (to taste) - I use a fine-medium grain sea salt

Directions:

Blend walnuts in food processor till mealy – somewhere between not too big chunks and flour.

Remove walnuts from food processor.

Put dates and raisins in food processor and blend till they're a smooth, smooshy ball. The drier the date, the harder your food processor will have to work. *Medjool dates are by far the tastiest, best textured dates to eat “fresh” and blend the best for treats like these. They are also more expensive so I almost always use the less expensive “honey” dates (are also called Neglet dates).

Add walnuts and remaining ingredients to food processor. Process till well mixed.

Roll into balls and place into container for refrigeration until they're going to be eaten.

Makes about 18 – 24 balls, depending on the size.