

SNACKS & DESSERTS

Cocoa Date Balls

Makes 9 balls · 1 ball each

SATIETY SCORE	NUTRITION
● ● ○ ○ ○ 2 / 5	HIGH
Per serving (approx.): Protein 2 g · Fiber 2 g · Calories 105	

Ingredients

- ½ cup pecans
- ½ cup almonds
- 1½ cups dates (pitted or chopped)
- 3 Tbsp shredded unsweetened coconut
- ½ tsp vanilla extract
- 1–2 Tbsp unsweetened cocoa powder (to preference)
- 2–3 Tbsp liquid (almond milk, water, etc.)

Directions

1. Combine all ingredients in a food processor, starting with 2 Tbsp liquid and adding more if too dry to roll.
2. Roll into 1-inch bite-sized balls.
3. Freeze or refrigerate for a quick, grab-and-go snack.

Note: Roll in shredded coconut or dust with cocoa powder for variety and presentation.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PANTRY & DRY GOODS

- ☐ ⅓ cup pecans
- ☐ ⅓ cup almonds
- ☐ 1½ cups dates (pitted or)
- ☐ 3 Tbsp unsweetened coconut
- ☐ 1–2 Tbsp unsweetened cocoa powder
- ☐ 2–3 Tbsp liquid (almond milk, water, etc.)

CHECK YOUR PANTRY

- ☐ Vanilla extract