

Raw Recipe – Fruit and Nut Ball Variations

The Suppers menu does not provide for much in the way of dessert because we avoid refined foods. Here is one exception: delicious “cookies” made by blending finely chopped dried fruits and nuts. These are extremely sweet, a treat.

Ingredients for Basic Recipe:

- 1 ½ cups raisins, rinsed with hot water and drained.
- 1 ½ cup almonds, processed to a fine crumb
- 1 cup pitted dates
- Dried coconut

Directions:

In the food processor, combine the finely processed almonds, raisins and dates. They will start to form a ball.

Take bite-sized pieces of the dough and roll them into a ball, then roll them in coconut or finely chopped nuts.

Variations:

Add 1 TBS cocoa powder to the dough.

Add 1 tsp of cinnamon to the dough.

Add 1/2 cup dried unsweetened coconut to the dough.

Use other nuts: walnuts, pecans, or filberts.

Use other dried fruit: apricots, figs, currants.

Soak the raisins in the juice of a fresh orange or lemon instead of using hot water.