



## INGREDIENTS

2 cups walnuts, or other  
nut/seed of choice  
1 cup shredded  
unsweetened coconut  
2 cups soft Medjool dates,  
pitted  
2 tbsp. almond butter  
(or preferred nut butter)  
½ tsp sea salt  
1 tsp vanilla extract

## DIRECTIONS

**Step 1:** In a large food processor fitted with an “S” blade, process the walnuts and coconut until crumbly. Add dates, almond butter, vanilla, and sea salt and process again until a sticky, uniform batter is formed.

**Step 2:** Scoop the dough by heaping tablespoons, then roll between your hands to form balls. Arrange them on a baking sheet lined with parchment paper, then place in the freezer to set for at least an hour before serving.

**Step 3:** Store the balls in a sealed container in the fridge for up to a week, or in the freezer for an even longer shelf life.

**Step 4:** For a gourmet-looking truffle, you could also roll them in shredded coconut or cocoa powder before chilling!

*\*This recipe is adaptable for any combination of nuts and dried fruit*

**Servings:** ~ 24 balls **Serving Size:** ~1 ball (1.5”) **Calories:** 95 **Total Fat:** 5.8g  
**Total Carbs:** 12.1g **Total Protein:** 1.4g

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