

# Chocolate Rum “Super Balls”

## Ingredients:

*Yield: about 30 balls*

10 large Dates (about 3/4 cup), pitted  
1 cup organic Almond Butter  
¼ cup Chocolate Nibs  
3 TBL Rum (Myers’s Rum or any sweet rum is best)  
1 TBL Orange Extract  
1/2 cup (60g.) Organic Natural Whey Protein Powder  
2 cups Finely Chopped Toasted Walnuts  
Pinch of Himalayan Salt

## Directions:

Soak the dates in water for about 15 minutes or until soft. You may use hot water to speed up the process if desired.

Using a food processor, combine 1 cup of the toasted walnuts and the chocolate nibs and grind together till chopped med-fine. Then add the dates, almond butter (making sure almond butter is thin and drippy), rum, orange extract, and salt and whey protein. Run on high until the dates are well broken down and the entire thing has a dough like consistency. Depending on the wetness of the dates and almond butter, the dough may not form a ball, but if you squeeze ingredients together in your hand it should hold its shape. If not, add a teaspoon of water.

About a tablespoon at a time, roll the dough into small bite sized balls in your hand. Then roll in the reserved 1 cup finely chopped walnuts to coat outer cover.

Place each ball on a small tray which will be placed in the freezer until hardened. Leave them there for a minimum of 30 minutes. We like to put them in a container (or zip-lock) after that and just keep them in the freezer, although they can be kept in the refrigerator just as well.

Enjoy!