

# Coconut Date Balls

Recipe from FeelGoodFoodie.net

## Ingredients

- 10-12 medjool dates
- 2 cups pecans
- Pinch sea salt
- 1/4 cup desiccated coconut
- Infused coconut oil or MCT oil

## Instructions

- Pit the medjool dates and soak them in warm water for 10 minutes until they soften.
- Place the pitted dates, pecans and infused oil in the bowl of a large food processor. Blend on high until a thick “dough” is formed and the mixture feels sticky.
- Scoop about 1-2 tablespoons of the mixture and use your hands to roll it into a ball. If you have time you can let them set in the fridge for 5 minutes.
- Roll the energy bites into desiccated or shredded coconut pressing gently so they adhere. Makes about 12-14 date balls.

## Notes

I used 2 tablespoons of infused MCT oil for this recipe.

I also added 2 tablespoons of hemp seeds.