

Vanilla Chai Hemp Truffles

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 2 tsp chai tea brewed in 1/4 cup hot water (make the brew strong, so let it steep for at least 5 minutes)
- 1 tbsp maple syrup
- 1 1/4 cup cashews
- 12-14 medjool dates
- 1 tsp vanilla powder or extract
- 1 tsp ground cinnamon
- 1/3 cup Hemp Hearts

Instructions:

1. Place all ingredients (excluding Hemp Hearts) into a food processor or blender and blend until crumbly, not smooth. The mixture will be sticky, but that's okay. Once you roll them in the Hemp Hearts they won't be sticky. See tips below.
2. Roll mixture into 1 inch balls and roll in Hemp Hearts. Refrigerate or freeze for 4-5 hours.
3. Makes 20 balls

Notes:

The medjool dates I used were pretty dry, so if you're using dates that are juicy you may need to add more cashews to adjust for the texture of the ball.