

Sexy Maca Balls

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1.5 tsp maca powder
- 1 tbsp ground cinnamon
- 2 tbsp raw cacao powder
- 1/4 cup raw cacao nibs or dark chocolate chips
- 1/2 cup raw almond or cashews
- 1/4 cup goji berries or dried cranberries
- 1 tsp vanilla extract
- 8-10 soft medjool dates, pit removed

Instructions:

1. If your medjool dates are dry, I would recommend soaking them for 30 minutes - 1 hour first in warm water.
2. Toss all ingredients into a high powder blender or preferably a food processor and blend until crumbly.
3. If the texture is lacking moisture, add a very small splash of water and keep adding until it reaches a texture that clumps nicely into balls.
4. Rolls into 1.5 inch balls.

Notes:

Makes 15-18 balls. Troubleshooting: 1. Batter not forming into balls easily? Add a few more medjool dates. 2. Not sweet enough? Add 1 tbsp of maple syrup. 3. What brand of maca should you buy? See my post above for a link.