



PECAN AND TAHINI CACAO BALLS

ALLERGIES:

No grains
No dairy
No eggs
No gluten
Low disaccharides

Prep time: 15 mins + cooling 1hr

Cook time: 15 mins (parsnips only)

Serves: 20 balls



INGREDIENTS

- 100 grams parsnip, boiled or steamed and cooled. (2 medium parsnips)
- 150g pecan nuts
- 1 cup shredded coconut
- 2 tbsp cacao powder
- 3 tbsp pepitas (pumpkin seeds)
- 1 tbsp stevia
- 1/2 cup chia seeds
- 3 tbsp tahini
- 1/2 tsp salt
- 1 tbsp honey
- 1 tbsp vanilla essence

METHOD

- In food processor add pecan nuts and blend until fine.
- Leave 1/2 cup processed nuts on separate plate.
- To remaining pecans in processor, add parsnips, coconut, honey, cacao, vanilla, stevia, tahini, salt and pepitas.
- Process until almost smooth.
- Roll tablespoons of mixture into balls
- Roll half the balls into extra crushed pecans, and the other half in the chia seeds. and place on lined tray in freezer.
- Ready in about an hour when set.
- Keep in freezer in airtight container. (these do not freeze hard)