

## BRAIN BOOSTING

# Cacao & Walnut Balls

### YOU WILL NEED

Makes 24

- 2 cups walnut halves/pieces
- 1 cup sunflower seeds
- 1 cup dessicated coconut
- 2/3 cup cacao
- 8 fresh medjool dates, pitted
- 2 tbsp water
- 1/4 tsp sea salt
- Extra dessicated coconut for rolling
- Optional: pinch of cayenne pepper

### METHOD

- Add walnuts & sunflower seeds to a food processor & blitz until mixture resembles a crumb.
- Add dates & coconut & blitz until combined well.
- Add cacao, salt & water & blitz until mixture is well combined.
- Roll into balls then roll in coconut to coat.



### HEALTH TIP

Walnuts are high in the Omega 3 fatty acid, DHA, known for promoting healthy brain function. Cacao boosts the body's natural production of serotonin, our 'feel good' hormone.

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