

Raw Chocolate Balls

[By Linda DeFever](#)



Ingredients:

- 1 and 1/3 cup raw almond flour
- 8 dates
- 1/3 cup of raw, unsweetened chocolate
- 1 TBSP water
- 1 TBSP vanilla or almond extract

Directions:

Blend the ingredients together and then roll the mixture into small balls. Place on a plate with strawberries around the rim. Eat and enjoy! These chocolate balls should be refrigerated and last a long time.

My colleague Catherine has given me the opportunity to post one of my favorite recipes. I am a Level III C.H.E.K Holistic Lifestyle Coach, a Level III C.H.E.K Practitioner, and a Metabolic Typing Advisor in Wauconda, Illinois at www.vitalityincorporated.com. I also started and still chair the Weston A. Price Chapter of Wauconda.

I am a foodie and I work with people every day with their nutrition. I coach my clients to follow the holistic lifestyle coach principles and eat right for their Metabolic Type - but bottom line we all need our treats! I myself cannot eat dairy or flour so I look for ways to make treats that are healthier. As you may know, processed flour increased your blood sugar levels - so by using almond meal - which is mostly fat - there is much less of an increase in your blood sugar levels from the sugar in the dates.

Dates are what gives the chocolate balls their sweetness - and it is a natural occurring sugar, so it is better than processed white sugar. The dates affect the consistency of the chocolate balls by holding them in shape. Try and use organic dates as they are preservative (sulfur) free.

As long as you use good quality unsweetened raw organic chocolate - it is OK. I like try to use Fair Trade when possible. You want a good grade of chocolate as it adds richness to the chocolate balls - and the chocolate is your real treat. Life is too short - rewarding yourself with healthy sweet treats is OK. For a rewarding smart treat eat two with some fresh strawberries.