



# Raw White Christmas Balls

At this time of year, we are often surrounded by extra “sometimes” food. While it’s usually tasty, it’s also usually low in the nutrition stakes. So why not make this healthy version of the traditional ‘white Christmas’ slice to bring along to the Christmas celebrations, or to give as a hostess gift?

## Ingredients

- 6 large medjool dates (pitted)
- ½ cup shredded coconut
- ½ cup raw cashews
- ¼ cup coconut oil (extra virgin)
- ¼ cup cranberries
- ¼ cup pepitas

## Variation

For an optional zing: add ½ - 1 tsp lemon zest

⌚ Prep time 10 mins 🍴 Makes 12 -15 balls

Vegan, vegetarian, gluten-free, wheat-free, dairy-free

## Method

In a food processor, blend the dates, coconut, and cashews until the nuts are coarsely chopped. Add coconut oil and process until all combined and mixture clumps together. Remove mixture from processor and mix in cranberries and pepitas by hand. Roll into small balls and refrigerate.



## Nutritional information

These delicious treats are packed with raw wholefood ingredients: seeds, nuts and the festive red and green of cranberries and pepitas. They provide the desired sweetness, but are more sustaining and easy and quick to make.

Happy Christmas!

Recipe by  
**Sandra Vilella**  
Jean Hailes  
Naturopath

