

Tahini Hemp Balls

½ cup dates, soaked in boiling water for ~5mins
½ cup rolled oats
3 tbsp tahini
4 tbsp cacao powder
¼ cup hemp powder
2 tbsp water
¼ cup dried fruit (goji berries, raisins, figs, apricots)

Method:

Add the rolled oats to the blender and blend until an oat flour forms. Then add the dates, blend until a date paste is formed. Add the peanut butter, hemp, water and goji berries and blend until well combined. Lastly add the cacao and blend until a smooth mix is formed.

Roll into balls and store in an airtight container in the fridge or freezer.