



Raw Coconut Cherry Truffles

The combination of dried fruit and nuts really can't be beat! And this recipe couldn't be simpler, or easier to adapt to your desires (or whatever you have in the kitchen). These make a wonderful dessert, or a nice mid-day snack when you need a little energy boost.

Makes about 15 to 20 truffles.

Ingredients

1/2 cup almonds (or other nuts)
1/4 cup medjool dates (pitted and packed)
1/4 cup dried cherries
1/2 cup coconut shreds

1/2 cup cooked short grain brown rice (optional)*

Preparation

1. Place the nuts in a food processor** and pulse until finely chopped.
2. Add the dates, cherries and 1/4 cup of the coconut shreds to the processor and process into a paste.
3. Form the mixture into round truffles with your hands.
4. Place the remaining coconut shreds in a shallow bowl and roll the truffles in the coconut shreds to cover the outside. Eat 'em now, or chill for later.

*Optional: Add cooked short grain brown rice in step 2 and continue as directed. The truffles will no longer be "raw," but they'll be lower in calories, and will make a great on-the-go snack. Add even more rice if you'd like!

**If you don't have a food processor, the almonds can be blended into a coarse flour in a blender. The dates and cherries can be finely chopped by hand and kneaded with the almond flour.

Recipe from "Scatter Vegan Sweets" by Wendy Gabbe Day

