

# FIONA TUCK

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NUTRITION WELLNESS YOGA



## Healthy Chocolate Treats

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### Ingredients:

1 cup raw mixed nuts  
1 cup chopped pitted Medjool dates  
4 tablespoons raw cacao powder  
pinch of sea salt  
2 tablespoons water

Prep: 15 mins

Cook: 0 mins

Serves: 10

### *For topping:*

Nuttvia low sugar hazel nut spread  
Raspberries

### Directions:

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1. Blend the nuts in your food processor to a crunchy meal.
  2. Add in the dates then mix well.
  3. Add in the cacao powder and a pinch of salt.
  4. Then add the water – you need the balls to stick together, but still be able to roll them.
  5. Roll the mixture into 10 balls.
  6. Using your thumb press a small indentation into the top of the ball. Place a raspberry in the indentation or for those with a sweeter tooth, pipe a swirl of Nuttvia spread.
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