

# Chocolate Fruit & Nut Rough Balls

By [Ashley Alexander](#)



These delicious fruit and nut balls may look a little impressive, but trust me, they're incredibly easy to make and taste amazing. The combination of roasted nuts, oats, and coconut, blended with sweet, chewy dates, a hint of sea salt, and that luscious dark chocolate coating, is simply divine. The secret to these balls lies in the texture inside. We achieve a satisfyingly 'rough' texture by skipping the food processor and simply mixing the ingredients together with our hands. The result? A mouthwatering blend of roasty, chunky, chocolaty goodness.

**SERVES** 12-16 | **PREP TIME** 30 minutes + setting time

## INGREDIENTS

- 1/2 cup rolled oats
- 1/2 cup roughly chopped roasted almonds
- 1/2 cup flaked coconut
- 1 tablespoon chia seeds
- 1/2 teaspoon vanilla extract or paste
- 1 tablespoon coconut oil, or olive oil, or butter
- 1 cup pitted Medjool dates (Alternatively, if Medjool dates aren't available, use 1 cup packet of pitted dates soaked in boiling water for 5-10 minutes, then drained)
- 200g dark chocolate

## METHOD

1. Preheat your oven to 180°C/350°F.
2. In a medium-sized mixing bowl, combine the oats, almonds, coconut, chia seeds, vanilla, and coconut oil. Mix well to combine.
3. Spread the mixture onto a paper-lined baking tray and bake at 180°C/350°F for 8 minutes or until golden. Remove from the oven and set aside.
4. In the same mixing bowl (no need to wash or rinse), add the pitted dates, the toasted mixture, and a pinch of salt. Mix well with your hands to combine.
5. Scoop out tablespoon-sized portions of the mixture and roughly form them into balls with your hands. Place the formed balls onto a tray and transfer to the freezer to set.
6. Melt 2/3 of the dark chocolate over low heat. Once melted, add the remaining chocolate and remove the pot from the heat. Stir until all the chocolate has melted.
7. Remove the balls from the freezer and coat them in the melted chocolate. Top with a sprinkling of chia seeds.
8. Transfer the coated balls to the fridge to set for a few hours or overnight.
9. Store in an airtight container or jar in the fridge. Enjoy!

## NOTES

If Medjool dates are not available, you can use regular pitted dates. Just soak them in boiling water for 5-10 minutes to soften them before using.

Wetting your hands slightly with water can make it easier to form the mixture into balls without sticking.

Aim for uniform-sized balls to ensure even coating with chocolate and consistent serving sizes.

Store the Chocolate Fruit & Nut Rough Balls in an airtight container or jar in the fridge. They should stay fresh for up to a week.

If making ahead, you can also store them in the freezer for longer-term storage. Just thaw them in the fridge before serving.



**Find the recipe and watch the video online:**

*<https://www.gatherandfeast.com/chocolate-fruit-nut-rough-balls>*

Let me know if you make the recipe! x **@gatherandfeast**