## **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.

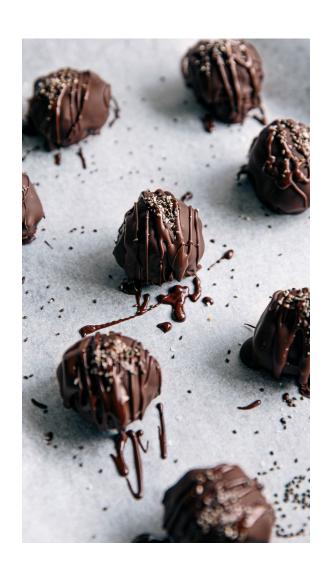
**SERVES** 12-16 | **PREP TIME** 30 minutes + setting time

## **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.
- 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