

Akta-Vite Goodness Balls

Makes approx. 16

1 cup nuts or mix of nuts and seeds eg. pecans, almonds, sunflower seeds, sesame seeds
10 medjool dates, pitted
1/2 cup Akta-Vite
1/2 cup coconut, dessicated or shredded plus extra for rolling
1/3 cup water

Use a food processor or Thermomix to pulse nuts to a medium-fine meal.

Add dates, Akta-Vite, coconut and water. Pulse or turbo until dates are chopped quite small and mixture is combined.

Roll a teaspoonful of mixture in hands to shape into a ball. Roll in additional coconut.

Refrigerate for a few hours until firm. Store in an airtight container in fridge.