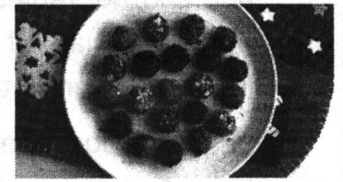


# No-Bake Chocolate Peppermint Bliss Balls



Made with just a few simple ingredients, these No-Bake Chocolate Peppermint Bliss Balls are a healthier way to satisfy your sweet tooth

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Prep Time	Total Time
30 mins	30 mins

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Course: Dessert, Snack Keyword: No-Bake Chocolate Peppermint Bliss Balls

Servings: 24 Calories: 65kcal

## Equipment

- food processor

## Ingredients

- 1 cup (150 grams) raw cashews
- 1 cup (130 grams, or about 12-14) pitted medjool dates, softened
- 1/3 cup (35 grams) unsweetened cocoa powder
- 1/4 - 1/2 teaspoon peppermint extract depending on how strong of a peppermint flavor you want
- Pinch salt
- 1-3 tablespoons water

## Optional for rolling:

- Shredded coconut
- Cocoa powder
- Crushed candy canes

## Instructions

1. Cover a baking sheet or baking pan with parchment paper and set aside. If you plan on rolling your bliss balls, add your toppings to plates or shallow bowls and set aside.
2. Place cashews in a food processor and pulse until they form a sandy texture. The mixture should be coarser than flour.
3. Next, add the medjool dates and pulse a few times until the dates are broken into small pieces. Add the cocoa powder, peppermint extract, salt, and 1 tablespoon of water. Pulse until well-combined. You may need to stop a few times to scrape down the sides of your food processor.

- Using your fingers, grab some of the mixture and try to roll it into a ball. If it feels crumbly, add another tablespoon of water and pulse to combine. Repeat the ball test and add additional water if needed. The mixture should be moist and easily roll into a smooth ball. You don't want it to get too wet and sticky.
- Once the consistency is just right, use a tablespoon to scoop the mixture and roll into balls. Option to roll bliss balls in cocoa powder, shredded coconut, or crushed candy canes. Place balls on the prepared baking sheet/pan. Freeze for 15 minutes and then serve. Store leftovers in an airtight container in the fridge for up to 2 weeks or in the freezer for up to 4 months.

## Notes

### Nutrition

Serving size: 1 bliss ball | 65 Calories per Serving

3 grams fat (0.6 grams saturated), 0 mg cholesterol, 1 mg sodium, 10 grams carbs, 1.5 grams fiber, 7.8 grams sugar, and 2 grams protein

Note: nutrition facts are for the bites themselves without rolling them in coconut, cocoa powder, or candy canes.

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