

Recipe Card



Pecan Date Bon Bons

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Ingredients:

3/4 cup pecans
1/2 cup pitted dates, chopped
2 tsp orange zest (use more, if desired)
1 pinch sea salt
1/4 tsp cinnamon
1/2 tsp white miso (double amount, if desired)
1 tbsp. maple syrup
1/4 cup shredded coconut

Directions:

1. Preheat oven to 300 degrees Fahrenheit. Place pecans on a cookie sheet and bake/toast for about 10 minutes, until they begin to give off aroma.
2. Put all ingredients except coconut in food processor. Pulse until you have an even mealy texture.
3. With moist hands, roll the mixture into 1-inch balls. Spread coconut on a plate and roll each ball in the coconut, covering each one evenly.
4. Serve with orange slices from the orange you zested.

<http://www.healthiestbest.com/quick-and-healthy-meals>