

# Happy Christmas 2013



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# Chocolate Snow Balls

To make the **Ball Centre**, blend pecans in a food processor until mealy (10 - 15 seconds). Add all other ingredients and blend into a thick paste. You might need to stop the food processor and scrape down the sides occasionally and use a spatula to further integrate ingredients.

If the mix feels slightly wet, pop it in the fridge to harden for 10 to 15 minutes. When solid enough, roll into marble sized balls and freeze for about 15 minutes. (This recipe makes about 30 balls).

Prepare the **Snowy Coating** by putting the (unsweetened) desiccated coconut flakes in a cup.

Make the **Thick Chocolate Outer** by slowly melting the cacao liquor and coconut oil. Then add sugar, cacao powder and salt. Stir until integrated then whisk chocolate well for a couple of minutes. Allow to cool slightly, then drop a frozen **ball centre** in the chocolate so it's fully covered. Remove, and let any extra chocolate drip off. Immediately pop the ball in the desiccated coconut flakes and shake around until fully covered.

Kitchen tongs can be really useful for these dipping steps. Repeat this for all balls then put back in freezer and you're done.

Can be stored in a freezer bag, then best removed 10 minutes before enjoying and sharing! Please email Danny if you would like the recipe for a thick **white** chocolate outer.



**\* Home Made Date Paste** - (200g Organic Medjool Dates with 60g (1/4cup) of water)

Place dates (pips and stones removed) and water in a high-sided jug. Leave for 20 minutes to soften, then use a hand blender to whizz into a delicious caramel-like toffee sauce. This should keep well in the fridge for a couple of weeks. If you have a vita-mix, double the ingredients for the tamper to reach the blades. A food processor does work but the date paste wont be as smooth.

**\*\* Luo Han Guo** - Available from [www.thehappyhealthcompany.co.uk](http://www.thehappyhealthcompany.co.uk)

This ingredient is optional. Luo han guo is a fruit from China that is 300 times sweeter than sugar yet has none of the dangers and won't spike your insulin levels. By using it we keep any added sugar to a minimum. If you don't have any right now, you might like to add an extra 20g of date paste.

Raw Cacao ingredients and lucuma can be bought online from [www.detoxyourworld.com](http://www.detoxyourworld.com)

## Ball Centre

Pecans	75g
Coconut Oil	80g
Date Paste*	60g
Shelled Hemp Seeds	60g
Lucuma (optional)	20g
Cinnamon	1 tsp
Vanilla Powder	1/2 - 1 tsp
Luo Han Guo**	1/2 - 1 tsp
Himalayan Sea Salt	Pinch

## Thick Choc Outer

Cacao Powder	70g
Cacao Liquor (grated)	40g
Coconut Palm Sugar	30g
Coconut Oil	60g
Himalayan Sea Salt	Dash
7 - 10 drops of 100% orange essence or 1 to 2 teaspoons of regular orange extract (alcohol based).	

## Snowy Coating

Desiccated Coconut	100g
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