

Toffee Balls/Snow Balls

Happy Healthy Christmas 2016

Danny



These are great healthy treats around Christmas, but just as tasty any time of year!

Using the magic combination of roasted nuts, coconut, cinnamon and lou han guo the centre bulk of these sweet tasting delights is under 6% sugar.

There is a little work involved here, so enjoy the journey as much as the end result.

To make these last longer, I like to make a double batch! Just check your food processor can take 900g.

If you are missing an ingredient, get creative and experiment.

For more info, or about where to buy stevia and lou han guo, please get in touch.

More recipes on my blog page and on members page of website.

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INGREDIENTS

Ball Centre - 450g

175 g Pecans
25g Sunflower seeds
125g Shelled Hemp Seeds
75g Coconut Oil (if in a cold climate, 'fluff-up' the solid oil using a fork)
25g Coconut Palm Sugar
1 tsp Cinnamon
1 tsp Luo Han Guo
A good couple of twists of Himalayan Sea Salt

Thick Choc Layer - 200g

85g Coconut Oil
70g Cacao Powder
25g Shelled Hemp Seeds
20g Coconut Palm Sugar
2 drops Sweet-leaf Stevia
Dash Himalayan Sea Salt
Optional flavour - 4 drops of 100% orange flower essence or 1/2 teaspoon of regular orange extract

Remember,
a double
batch will
last twice as
long!

Snowy Coating/Toffee Sprinkle - 100g

Desiccated Coconut 100g or
Mulberry Dust 100g

To make mulberry dust, pop your frozen mulberries in a pestle and mortar and grind well. This can also be done with the back of a spoon, but wont be as dusty!



METHOD

Before you start, pop 100g mulberries in your freezer

- Lightly roast the pecans and sunflower seeds in your oven. Simply pop the nuts and seeds on an oven tray and place them in a pre heated oven at 150° C (300° F). Bake for 8 minutes. It's fine to use raw nuts.
- To make the ball centre, blend pecans and sunflower seeds in a food processor until mealy (should only take 10 - 15 seconds). Next add sugar, cinnamon, luohan guo and salt and give it a couple of pulses. Lastly, add hemp and coconut oil and whizz well. You might need to stop the food processor and scrape down the sides occasionally and use a spatula to smooth out and integrate ingredients.
- It's ok if the mix feels slightly wet, just pop it in the fridge for about 10 minutes as you make the thick chocolate coating.
- Slowly melt the coconut oil on your stove. Then add all other choc layer ingredients. Stir until integrated then whisk well. Alternatively, for a smoother choc use a hand blender with a high sided jug. Set aside to allow the choc to naturally cool and thicken as you shape the balls.
- To test the ball mix is ready, take large marble sized amount of dough and squeeze it together with your fingers and then lightly roll between the palms of your hands. If the mix falls apart, pop it back in the fridge for a little longer. When firm enough, roll the entire mix into many rough shaped balls. They don't have to be perfect...how many snow balls are an exact circles!
- Pop these on a silicone sheet or on baking paper and set in your freezer till firm (about 10 - 15 minutes). Make some tea or wash up your food processor as you wait.
- To prepare the coatings. Simply place desiccated coconut and or mulberry dust in a small bowl. You can even do a fun mix of both in the same bowl.
- Drop a ball centre into the chocolate until it's fully covered. Pick it up (tongs help with this) and let any extra chocolate drip off. Pop it back on silicone sheet and repeat for all balls. A flat chocolate base will form on the bottom and this creates a nice little stand. By the time you have finished the last ball, the early ones will be ready for a second dip.
- Simply dip about 2/3 of the ball back in the chocolate then dip that into the topping of your choice. To help dust the edges, you can pick up some dust with your fingers and sprinkle it on.
- Repeat this for all balls then put back in your freezer in a freezer proof bag or tub and you're done...enjoy slowly and share!