



Date rolls (makes 16-18)

Equipment: Mini chopper/food processor
and disposal gloves

Coconut version

Ingredients:

7 Medjool dates – seeded, chopped
roughly

3 teaspoons coconut flour

Desiccated coconut

Hazel nut version

Ingredients:

7 Medjool dates – seeded, chopped
roughly

3 teaspoon coconut flour

Hazel nut meals to coat

* You can also use crushed almond or
pistachio to coat.



Directions:

- 1) Mash dates in a chopper or food processor until it gets one blob.
- 2) Add coconut flour and mix well.
- 3) Putting gloves on. = this is very sticky. Make a small date size ball and coat with coconut / hazel nut meal.