



Raw Cacao Donuts



Who doesn't love a doughnut?

These however are not your regular donut, they're made with whole foods and 70% dark chocolate so you get your sweet treat plus the added health benefits of using whole food ingredients. Think less sugar and bad fat and more fibre, vitamins and minerals without compromising on taste.

Can't be bothered making the donut shape? Roll them in to balls instead and dip in chocolate for some awesome Cacao Energy balls!

Makes 9

Ingredients-

- 1/3 C Dry-Roasted Almonds
- 1/3 C Hazelnuts



- 1/3 C desiccated coconut
- 2 Tbsp Cacao/Cocoa powder
- 2 Tbsp Brown Rice Puffs
- 14 soft fresh dates, deseeded (approx. 240g)
- 1/4 C malted rice syrup
- 150g 70% Dark chocolate, melted
- Shredded coconut, crushed nuts, edible flowers for decorating

Method-

Step 1. Place all the ingredients in to a food processor or thermomix.

Blend in the food processor for up to 2 minutes or until the mixture comes together. If using the thermomix, blend on speed 8-9 for up to 1 minute or until the mixture comes together.

Step 2. Roll approx. 2 tbsp of mixture in to a ball. Flatten with your hand slightly and make a hole in the center using your finger. Repeat with the rest of the mixture. Place on a tray and refrigerate for 20 minutes.

Step 3. Melt the chocolate in a microwave-safe bowl for 30 second bursts, (stirring after each time) until melted.

Remove the donuts from the fridge and carefully dip the top of each donut in to the melted chocolate. Sprinkle with desired topping and place back on to the tray.

When all are completed return the tray to the fridge for a further 5-10 minutes or until the chocolate is set.

Enjoy!