

Cashew Cardamom Balls

1 cup unsweetened coconut, divided

1 cup lightly toasted cashew pieces

(see Nut & Seed Soaking Guidelines on page 50)

¼ teaspoon ground cardamom, or to taste

1 cup finely chopped dates

Zest of one orange

1. Toast the coconut in a small heavy skillet over low heat, stirring often until it is golden and fragrant. Let cool.
2. Place the cashews and half the coconut in a food processor and process until the cashews are very finely ground and the coconut is almost powdered.
3. Stir in the cardamom, dates and orange peel. Knead the mixture with your fingers until uniform. Form into 1" balls and then roll in the remaining coconut.

Makes 18 balls

Tip

If the mixture seems too dry, add 1 to 2 teaspoons of almond oil. If it doesn't hold together, add a dash of maple syrup or a bit more chopped dates.