



Ingredients

- ✓ 1 cup pitted Medjool dates
- ✓ ¼ cup hemp hearts
- ✓ 2 Tbsp. cocoa powder, plus more for dipping
- ✓ ½ tsp. cinnamon
- ✓ ½ tsp. vanilla
- ✓ ⅛ tsp. Himalayan pink sea salt or other sea salt
- ✓ ½ cup shredded unsweetened coconut (optional)

Notes:

- A hemp heart is a shelled hemp seed.

Preparation

Chop dates thoroughly and place in a medium bowl. Add hemp hearts, cocoa powder, cinnamon, vanilla and sea salt and knead in thoroughly until well blended. Form into small balls, 1" or larger, and roll in additional cocoa powder or shredded coconut.