

# Brownie Date Balls

## Baking



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### WHAT MAKES IT MEANINGFUL

Baking can be a great way to satisfy your sweet tooth and share something you love with others. This healthy sweet recipe will do all the above. Making something with your hands can be very fulfilling and fun. Knowing what food we are eating makes us aware of what we are putting in our bodies and can be a reminder to eat healthy.

In this no bake recipe, we will make a brownie date mixture then dip in chocolate.

### TIME

This activity would take 20–30 minutes.

### MATERIALS

You will need a blender or a food processor for this recipe.

Ingredients:

- 1 cup dates (\$6)
- 3 tablespoons of almond or oat flour (\$5-15)
- 3 tablespoons cacao powder (\$10)
- 3 tablespoons of sweetener (agave or maple syrup)(\$10)
- 2 tablespoons nut butter (peanut butter, almond butter, etc) (\$10)
- Pinch of salt (optional)
- Parchment paper (\$5)
- $\frac{3}{4}$  cup melted dark chocolate (\$7)



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## INSTRUCTIONS

1. Soak 1 cup of dates in hot water from the tap to soften them for blending. Let sit for 5–10 minutes.
2. After the dates have been sitting there for the time needed, drain the water and add all ingredients to a blender or food processor (soften dates, oat flour, cacao powder, sweetener, nut butter), blend until you have a smooth, non-chunky texture. Add more flour if too sticky, add more sweetener or nut butter if too stiff.
3. Once you have the ideal texture, roll the mixture into 6 or 7 equally sized balls and put them on a plate with parchment paper and let set in the freezer for the next step.
4. If you have a microwave melt your chocolate there, if not boil water in a small pot with a bowl over the pot (double boil method).
5. Get date balls from the freezer and dip them in the melted chocolate, and put them in the freezer for the last time.
6. Once the chocolate is completely set, transfer them to a container, and you can store them in the fridge.

## RESOURCES

<https://www.tiktok.com/@ellegibsonn>

- This is the creator that came up with the recipe originally.

## SUPPORTS NEEDED

The only time support may be needed is working the double boil contraption if you don't have a microwave. The support staff may be fully in charge of this step, as we are dealing with boiling water. However, if the participant wore heatproof gloves, it would be safe to help out.

## OTHER THINGS TO NOTE

Go by your judgment for batter consistency. Ideal consistency should allow you to roll the batter into balls without it sticking to your hands.