

FIGGY COCOA SURPRISES

MAKES 15-18 / PREPARE 10 MINS / CHILLING 15 (OPTIONAL)

Ingredients

- 30g Pumpkin Seeds
- 20g Puffed Brown Rice
- 25g Flax seeds
- 80g Dried figs
- 25g Sunflower seeds
- 2tsp Raw Cocoa
- 1 Orange, juice
- 1tbsp Manuka or raw honey
- 20g Pumpkin seeds for coating (optional)

Instructions

In a food processor, grind the pumpkin seeds for the coating (if using) until they reach a sandy consistency. Remove from the food processor and set aside.

Blitz the pumpkin and flax seeds in the food processor until roughly chopped.

Add the puffed brown rice, dried figs, raw cocoa, orange juice and honey and continue to process until well amalgamated but not reduced to a paste.

Wet your hands to avoid the mixture sticking to your fingers and make little balls slightly smaller than a walnut.

Roll them in the finely ground pumpkin seeds and chill for about 15min although they are tasty at room temperature as well!

VARIATION: You could substitute almonds for the same amount of the pumpkin and flax seeds mix and roll these tasty little morsels in cocoa powder to make a lovely after dinner treat.



Nutrifacts



Flaxseed is high in fibre and a good source of vegetarian OMEGA-3 fatty acids, which help reduce inflammation and support brain development.

Sunflower seeds are high in FIBRE and protein so when used in a dessert, they help balance your blood sugar levels. They are also high in VITAMIN E, a great antioxidant, thiamin to maintain healthy nerves and magnesium that helps with muscle relaxation.

Pumpkin Seeds are high in FIBRE, PROTEIN and ESSENTIAL fats. They also contain good levels of iron, magnesium and phosphorus.

Dried figs are high in fibre. They are also high in VITAMIN B6, which is necessary for the metabolism of proteins and potassium to maintain healthy blood pressure. They also contain some **iron** to prevent anaemia.

Raw Cocoa contains FLAVANOLS, a type of flavonoids, that research shows may reduce high blood pressure and maintain healthy arteries. Dark chocolate also contains good levels of ANTIOXIDANTS that help reduce the damage caused by free-radicals. Just remember that the higher the cocoa content (and less sugar as a result), the more health benefits and richer taste!