



Raw Probiotic Treats

Just delicious! We used some fairly sweet fermented beetroot but you may wish to use your leftover beets from making beet kvass (might need to add more dates though)

Ingredients:

300g raw activated blanched almonds (i.e. soaked in water 12 hours and drained)
60g sunflower seeds
80g pumpkin seeds
40g chia seeds
20g desiccated coconut
300g pitted dates
½ cup fermented beetroot*
50g extra virgin coconut oil
1 tsp vanilla bean paste
110g cacao powder
Pinch Himalayan salt

** We ferment our beetroot the same method as making sauerkraut i.e. self-brining. Just peel and then julienne, shred or spiralise beetroot. Add 2% salt and any other herbs or spices you wish to use and ferment for approx 3 weeks.*

Method:

Mill nuts, seeds, coconut in a food processor or blender until mixture resembles coarse crumbs. Set aside.

Blend dates until paste like.

Add nut mixture, coconut oil, vanilla paste, fermented beetroot, cacao powder and salt and mix until combined.

Roll into balls and refrigerate.

