

## OLD JOE'S KAIA COUNTRY HAVEN

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# THE SEEDLING

vegan restaurant

## CASHEW DATE BALLS

Place the following in a processor and turn to resemble coarse crumbs:

250 ml quick rolled oats  
75 g raw cashew nuts  
5 ml vanilla extract  
5 ml cinnamon  
pinch salt

Add and continue processing until a crumbly paste. You may have to add a bit of water:

100 g fresh Medjool dates

Roll and shape balls 10g in size and serve.

*Note: Should you use dried dates soak them in boiling water for 30 minutes first to soften, drain them (keep the water) and add to the processor.*

