

Luckily, healthy no longer equals missing out on nostalgic holiday treats - including all the Christmas goodies.

This year, we're focusing on gingerbread, which is a flavor currently hard to come by when you're searching for a cookie that's nutrient-rich and free from unnatural sugars and flours.

However, when you turn gingerbread into a bliss ball, you suddenly end up with a mineral-rich dessert bursting with antioxidants and healthy fats, and sweetened with only natural sugars.

Joy to the World ... gingerbread has come.

### **Salted Chocolate Christmas Bliss Balls**

*Prep time: 5 minutes*

*Total time: 10-15 minutes*

*Serves: 12 balls*

#### **Ingredients:**

1 cup pecans

1 cup medjool dates

2 tsp cinnamon

1 tsp vanilla extract

½ tsp ground ginger

½ tsp allspice

½ tsp Ava Jane Colima Sea Salt

¼ cup cocoa powder

½ tsp orange zest

Goji berries for garnish

Shredded coconut for rolling

Instructions:

1. Add pecans to your food processor and pulse until finely chopped.
2. Add in dates, cinnamon, allspice, ginger, sea salt, vanilla, cocoa powder, and orange zest and pulse until a thick dough has formed.
3. Roll dough into small balls between your palms. Gently roll in shredded coconut.
4. Top with a goji berry for garnish and serve.

\*If the dough is too dry, add a dash of maple syrup.