

Grainne's Chocolate and Date Coconut balls

Grainne Parker - From 'Move Train Nourish' by Grainne Parker and Dominic Munnelly

Makes 20

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Ingredients

75g dark chocolate of choice

125g dried chopped dates

100g oat granola of choice

25g desiccated coconut
1 scoop of chocolate or vanilla protein powder (optional).

Method

Chop the chocolate and melt gently over a bain-marie.

Chop the dates, put them into a bowl and just cover with boiling water. Using a stick blender, blend the dates to a thick toffee paste. Add the oats, melted chocolate and protein powder if using and stir to combine everything well.

This will make approximately 20 depending on size. Store them on parchment in a container the fridge.

Leave it to cool slightly, then roll into small balls, and toss them in the coconut.

The scoop of protein is optional but adds a good boost to them. We source ours [here](#)

Grainne's Coconut Krispie Squares

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Ingredients

250g Rice Krispies or puffed rice

200g chocolate of choice

100g desiccated coconut

2tbsp each of golden syrup and butter

1 scoop of protein powder

3 tbsp freeze dried raspberries

Method

Add chocolate butter and golden syrup to a bowl and gently melt over bain marie

Add rice krispies and freeze dried raspberries to the chocolate mix, stir well and pour into a grease proof lined tin

Press well into the tin and put into the fridge to set. Cut into slices when set and store in the fridge

Granola and Pecan Balls

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Ingredients

Makes 18-20 depending on size
Line a flat tray with parchment
220g Granola - I had low sugar one in the press, use what you have or lightly toast that amount of oats

125g pecans
1tsp Cinnamon
1tsp Vanilla
4-5tbsp honey
1heaped tbsp coconut fat
pinch of sea salt
175g chocolate drops or a bar cut small, I used 53%

Method

Toast the pecans gently 170C for 8 mins and sprinkle the cinnamon over and set aside to cool

Add the granola, pecans, coconut fat, honey to a blender, blitz to a fine sticky meal, you might have to scrape down a few times, Add the salt and vanilla and give it in a final pulse

Spoon rough spoons of the mixture out on to the lined baking sheet and put into the fridge for a while to start to harden up. This makes it easier to roll them or form them

into domes. After about 15 minutes, take the tray out and roll each mound into the shape you want. Put them back into the fridge while you melt the chocolate.

Melt the choc over a bain marie, tip in each ball and roll to cover, set aside on the tray to set. Store these in the fridge between eating.