

Cashew Cardamom Balls

Adapted from Laurel's Kitchen.

Makes about a dozen one inch balls.

Ingredients:

- 1 cup cashews, soaked overnight and drained
- cardamom seeds from 3 pods - crushed in mortar and pestle (or 1/8 to 1/4 teaspoon powdered)
- 1 cup dates, chopped
- finely grated zest of one orange
- 1/2 teaspoon vanilla extract
- 1/4 cup dried coconut (optional - powder coconut in blender)



Directions:

1. Over medium-low heat, carefully toast cashews in a dry pan. Stir them often to avoid burning - you're looking to just dry them out a bit from the overnight soaking.
2. Add cashews, chopped dates, orange zest, crushed cardamom seeds, and vanilla to a food processor. Process until everything is minced very fine. Test a small amount to see if it will press together into a ball. If not quite there, process a little longer. Stop to scrape down the sides once or twice. In my processor this takes about 1 1/2 minutes.
3. Place coconut on a plate. Form one inch balls of the date/nut mixture with clean hands and roll into the coconut, pressing to coat all sides. Enjoy!

Notes: