

## Recipe of the Day

### Date & Cashew Nut Truffles

Here's an easy to make dessert that provides an exciting and delicious alternative to chocolate. There are a variety of creative options that you may elect to try as a coating for the truffles... like a different nut, or consider doing some with finely shredded coconut.

**1-1/2 cups pitted dates**  
**2 cups of raw cashews**  
**1/4 cup soy milk**

Soak the pitted dates in hot water until soft and then drain and set aside.

Process the cashews in a blender or food processor until finely ground. Reserve 1/2 cup and set aside. Add the dates to the remaining cashews and process until well blended. Add just enough soy milk for the mixture to hold together.

Roll the mixture between your palms into 1-inch balls. Roll in the reserved cashews and place on a platter or baking sheet.

Cover and refrigerate until ready to serve. Tightly covered and refrigerated, they will keep for up to 2 weeks.

<b>NutritionFacts</b>	
per serving makes 36 servings	
<b>Amount per serving</b>	
<b>Calories</b>	69
Calories from fat	32
<b>% Daily Value *</b>	
<b>Total Fat 3.5g</b>	5%
Saturated Fat 0.7g	3%
<b>Cholesterol 0mg</b>	0%
<b>Sodium 1mg</b>	0%
<b>Total Carbohydrate 8g</b>	3%
Dietary Fiber 0.8g	3%
<b>Protein 1.3g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
<b>Additional Information</b>	
46.2% of calories from Fat 46.2% from Carbohydrates 7.5% from Protein	