

Fudgy Bean Balls

A favorite from the kitchen of Peggy Robinson

It can be challenging to find healthy, low-fat, vegan alternatives to cookies, candies, and other goodies. This recipe is the perfect solution to that problem! These fudgy balls are a nutritional powerhouse, containing fiber-rich black beans. They are sweetened with date sugar or dates, which are a whole food, and contain no added oil. They're simple to make and you can enjoy them year round, as well as during the holidays.



1 can black beans, drained
OR 1½ cups of cooked black beans
1/3 cup date sugar or dates,
to taste
2 Tbsp cocoa powder
(may use carob powder)
2 Tbsp rolled oats
Chopped walnuts

- Place beans, date sugar or dates, and cocoa powder in a food processor and process until smooth. You may need to drizzle a little water into the processor to keep the mixture processing.
- Add rolled oats and process again, until smooth
- Roll into balls (about 1 TBSP of mixture) then roll in chopped walnuts
(If you chill the mixture before rolling into balls, they will be less sticky)
- Refrigerate and enjoy!

Note: I take a container of these power balls to work and keep them in my work bag. They come in handy when I don't get lunch or need a pick-me-up. To me they taste like fudge!

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