

## Gingerbread chocolate bites

Preparation time: 15 minutes

These tasty bites are full of healthy fats with a distinctive ginger flavour achieved by using both fresh and ground ginger. Delicious at Christmas or any time of year

### Ingredients

- 1 cup walnut pieces
- 1 inch piece fresh ginger, skin removed
- 1 tsp ground ginger
- ½ tsp mixed spice (optional)
- 1 cup mixed seeds
- 1 cup pitted dates
- 75g good quality dark chocolate, broken into pieces

### Directions

- Place walnuts in food processor and blitz until roughly chopped
- Remove ¼ of walnuts and add fresh and dried ginger, mixed spice and seeds to blender and blitz well
- Add dates and blitz until mixture forms a pliable 'dough'. Then add back remaining walnuts and blitz to mix. If too dry, add more dates or a little coconut oil. If too wet, add more nuts or seeds and blitz again
- Take 1 tsp of mixture and roll into a ball. Repeat until all mixture is used up
- Place chocolate into a bowl and sit over a saucepan with gently boiling water, taking care that the bowl does not touch the water
- When melted, dip each ball into the chocolate and roll to cover. Place on greaseproof paper and set in the fridge

For a version with less labour, simply press the 'dough' into a Tupperware container lined with greaseproof paper. Press dough down firmly with spatula, top with melted chocolate (only 50g required) and place in freezer for 30 minutes to set. Cut into squares and serve.