



Recipe Details

Recipe Name - Popcorn Balls

Recipe Steps -

Ingredients

8 cups air-popped popcorn

1 cup date paste

2 Tbsp. arrowroot

Instructions

For date paste

- 1) boil 1 cup of water
- 2) Add 10 pitted Medjool dates to boiling water, cover
- 3) Remove from heat, let sit 10 minutes
- 4) Blend dates and water in a bullet or high-speed blender until smooth
- 5) Remaining date paste can be stored in the refrigerator for 10 days

For popcorn balls

- 1) Pop popcorn
- 2) Mix date paste with Arrowroot, incorporate well
- 3) Add date paste mixture to popcorn, and toss to coat
- 4) Pick up a handful of the popcorn mixture and squeeze firmly to form a tight ball (size of your choice)
- 5) Place on a parchment-lined baking sheet or freezer-safe plate
- 6) Place

