

SNICKERS CAKE POP

INGREDIENTS:

200 g of natural peanuts
60 g oatmeal
6 big juicy dates (~160 g)
1-2 tbsp honey
20 g coconut oil
salt

PREPARATIONS:

1. Put all ingredients into a food processor except the coconut oil and mash until it is crumbled.
2. Add the coconut oil in the end.
3. Shape the pop cakes around the sticks and put them in the freezer.
4. Melt the chocolate and garnish.
5. You could also put on some chopped peanuts.

CHOCOLATE COVERED BROWNIE CAKE POP

INGREDIENTS:

2 cups walnuts
1 cup dates
¼ cup cacao powder
¼ tsp salt
½ tsp vanilla
2 tbsp coconut oil
(optional ½ cup of strawberries)
Frosting:
½ cup coconut oil
½ cup cacao powder
1 tsp vanilla sugar
2 tbsp honey or maple syrup
salt

PREPARATIONS:

1. Make the brownies by adding all ingredients into the food processor.
2. Shape into round balls and put it in the refrigerator while you make frosting.
3. Put all ingredients for the frosting in a container and stir until it is smooth.
4. Dip the cake pops in the frosting, let it drip off and put in the fridge for at least three minutes.
5. Sprinkle topping on each pop.

CARROT CAKE POP

INGREDIENTS:

1/2 cups walnuts

1/3 cup shredded coconut

3/4 cup dates

1/4 cup raisins

2 cups shredded carrots

1 tsp cinnamon

3/4 cup oat meal

Frosting:

200 gram Philadelphia cheese

1 1/4 cup of dates

2 tbsp butter

a twist of a lemon juice

PREPARATIONS:

1. *Put walnuts, coconut, dates, raisins and cinnamon in a food processor.*
2. *When it is thick add the carrots and oatmeal.*
3. *Shape the cake pops and put it on a stick and in the fridge.*
4. *Put the frosting ingredients in a blender and make it smooth, garnish the cake pops.*