



## Dark Chocolate Pecan Bombs

These dark chocolate pecan bombs are vegan, naturally gluten-free, and such an easy homemade dessert! We love these as a fun weekend treat. It's healthier than traditional nut and chocolate bombs, but just as tasty!

### INGREDIENTS

1 can vegan (see recipe below) condensed milk  
6 cups powdered coconut sugar  
2 1/2 cups coconut  
1 stick softened margarine  
6 cups ground pecans  
16 squares of chocolate almond bark

### INSTRUCTIONS

Mix all ingredients except chocolate together & roll in small balls. Chill for 3 or 4 hours or overnight. Melt chocolate over a low heat & dip chilled balls in chocolate using a fork.

## SWEETENED CONDENSED MILK SUBSTITUTE

### INGREDIENTS

¾ cup raw cashews (pre-soak and strain only if not using a Vitamix)\*  
½ cup agave (or maple syrup, brown rice syrup, coconut nectar, etc.)  
¼ cup coconut manna (also known as coconut butter)  
2 tbsp lemon juice  
2 tbsp water  
1 tsp pure vanilla extract  
⅛ tsp salt

### INSTRUCTIONS

Make sure all ingredients are at room temp or slightly warmed before starting. Blend everything in a blender (a Vitamix works best; otherwise just pause and scrape down the sides as needed). Adjust the sweetness to your liking (especially if using an alternative sweetener to agave). Enjoy! Store leftovers in a glass jar in the fridge and gently rewarm as needed.

### NOTES

\*To pre-soak nuts: place in a glass bowl, cover with water, and leave to soak for 4 hours (or overnight in the fridge). Then strain and discard the water. For a quick pre-soak, cover with boiled water and soak for 15 mins, then strain and discard water. (Note: this technique doesn't preserve the nutrition of the recipe as well as the traditional soaking technique above).

Additional Note: the purpose of soaking the nuts is to re-hydrate them and plump them up for blending into a smooth, cheesecake-like consistency. Proper soaking techniques also maximize nutrition and digestibility. If you're interested in learning more about nut soaking and other dessert prep tips and tricks, I delve into these subjects in detail in my book *Unconventional Treats*.