

- Prep Time: 15 minutes
- Chill Time: 30 minutes
- Total Time: 45 minutes
- Yield: 18-20 balls
- Difficulty Level: Easy
- Kitchen Intensity: Low (No oven required; relies on a food processor and brief stovetop or microwave chocolate melting)

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Kitchen Equipment Needed

- Food processor or high-speed blender
- Standard baking sheet lined with parchment paper
- Microwave-safe bowl (or double boiler)
- Small cookie scoop or tablespoon
- Fork or dipping tool

Ingredients

For the Pecan Pie Fillings:

- 1.5 cups (150g) raw pecan halves (divided: 1 cup for processing, ½ cup finely chopped for texture)
- 1 cup (150g) pitted Medjool dates (packed, soft and plump)
- ⅓ cup (35g) oat flour (or fine almond flour)
- 3 tablespoons dark brown sugar (packed; or pure maple syrup)

- 1 tablespoon unsalted butter, melted (or coconut oil for a dairy-free version)
- 1 teaspoon pure vanilla extract
- ½ teaspoon ground cinnamon
- ¼ teaspoon fine sea salt

For the Chocolate Coating:

- 1 cup (170g) dark or semi-sweet chocolate chips
- 1 teaspoon coconut oil (helps smooth out melted chocolate)
- Flaky sea salt, for topping (optional)

Step-by-Step Instructions

1. Toast Pecans → 2. Blend Base Ingredients → 3. Fold & Scoop →
4. Chill → 5. Dip & Set

Step 1: Toast the Pecans

1. Place a dry skillet over medium heat on your stovetop.
2. Add all 1.5 cups of pecans to the skillet in a single layer.
3. Toast for 4 to 5 minutes, stirring constantly until the nuts are fragrant and light golden brown.
4. Remove from heat immediately and set aside to cool completely. Divide into 1 cup for processing and ½ cup for coarse chopping.

Step 2: Combine the Pecan Pie Base

1. In the bowl of your food processor, combine 1 cup of cooled toasted pecans, the pitted Medjool dates, oat flour, brown sugar, melted butter, vanilla extract, ground cinnamon, and fine sea salt.
2. Pulse 8 to 10 times to break down large pieces, then run continuously on medium-high speed for 1 to 2 minutes.
3. Stop to scrape down the sides of the bowl. The mixture should form a sticky, cohesive dough that holds together when pinched between your fingers. If it feels too dry, add 1 teaspoon of warm water or maple syrup and process briefly.

Step 3: Add Texture & Roll

1. Finely chop the remaining ½ cup of toasted pecans.
2. Transfer the date-pecan dough to a mixing bowl and fold in the chopped pecans with a spatula to give the interior a classic pie crust and nut crunch.
3. Using a small cookie scoop or tablespoon, portion out the mixture and roll it firmly between your palms into 1-inch balls.
4. Place each ball on a parchment-lined baking sheet.

Step 4: Chill to Set

1. Transfer the baking sheet to the freezer for 20 to 30 minutes (or the refrigerator for 1 hour).
2. Chilling firms up the butter and date sugars, ensuring the balls retain their shape and do not melt when dipped into warm chocolate.

Step 5: Melt Chocolate & Coat

1. Combine the dark chocolate chips and 1 teaspoon of coconut oil in a microwave-safe bowl.

2. Microwave in 30-second bursts at 50% power, stirring well between each interval until completely smooth and glossy.
3. Remove the chilled pecan balls from the freezer. Using a fork, submerge each ball into the melted chocolate, lift it out, and gently tap the fork against the edge of the bowl to let excess chocolate drip off.
4. Return the coated balls to the parchment-lined tray.
5. Immediately sprinkle a tiny pinch of flaky sea salt on top of each ball before the chocolate sets.
6. Let stand at room temperature for 10 minutes until the shell hardens, or return to the fridge for 5 minutes for a quick set.

Storage & Make-Ahead Tips

- Refrigerator: Store in an airtight container lined with parchment paper for up to 2 weeks.
- Freezer: Store in a freezer-safe container or zip-top bag for up to 3 months. Thaw for 5 minutes at room temperature before eating.
- Serving Suggestion: Serve chilled or slightly below room temperature alongside coffee, hot cocoa, or as a quick bite on a holiday dessert table.

Nutritional Information

Servings: 20 balls | Serving Size: 1 Pecan Pie Ball (~25g)

Nutrients	Amount Per Serving
Calories	135 kcal
Total Fat	8.5 g
<i>Saturated Fat</i>	2.8 g
<i>Trans Fat</i>	0.0 g
Cholesterol	1.5 mg
Sodium	35 mg
Total Carbohydrates	14.5 g
<i>Dietary Fiber</i>	2.0 g
<i>Total Sugars</i>	10.2 g
Protein	1.8 g
Vitamin D	0.0 mcg
Calcium	14 mg
Iron	0.8 mg
Potassium	110 mg