

---

Subject: Date balls

Posted by [Michael32](#) on Sun, 23 Sep 2018 18:25:28 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

!/: RECIPE CONTAINS ALLERGENS !/:

#### Ingredients

- 1 and 1/2 glass of nuts
- pinch of salt
- 1 glass of dried seedless dates
- 1 teaspoon of vanilla (i used 5 drops of vanilla extract as a replacement)
- 1/3 glass of 100% cocoa powder
- 3-4 tablespoons of water

#### Instructions

Blend well nuts with salt.

Add dates, vanilla and cocoa powder and blend till everything is well mixed together.

Add water gradually to glue the mass. (1 tablespoon, blend for a few seconds, second tablespoon, blend, and so forth)

When everything is well glued together, start forming little balls with your hands.

Keep them in airtight container in the fridge up to 1 week.

#### Notes

For nuts i used cashew nuts and will try almonds next time. This is so super easy recipe that you can make your own variations by mixing nuts, add other dried fruits or coconut shreds etc. Balls in flavour aren't very sweet. If you ever tried Ferrero Roche before, it reminds me of it.

---

---

Subject: Re: Date balls

Posted by [LouisS](#) on Tue, 25 Sep 2018 06:16:52 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

Cocoa contains caffeine it's better to use carob.

---

---

Subject: Re: Date balls

Posted by [Michael32](#) on Tue, 25 Sep 2018 19:25:16 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

I wasn't aware of it. Thank you Louis! Gonna learn more about carob i guess :)

---

---

Subject: Re: Date balls

---

Posted by [ãf^ãf-ã,ããfžãffã,](#) on Sat, 29 Sep 2018 20:09:55 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

Actually read these. Chocolate contains no caffeine, it contains Theobromine which is used in asthma inhalers. It's structure is close to that of caffeine so it is often confused as caffeine even though its effects are different.

<http://www.xocoatl.org/caffeine.htm>

<http://drc.whiteestate.org/files/6340.pdf>

The Second link is from a letter a long while back so the last paragraph is not meant to be racial but was a term used in the early 1930s.

---

---

Subject: Re: Date balls

Posted by [LouisS](#) on Wed, 03 Oct 2018 03:43:20 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

Theobromine is still a stimulant if you are unsure whether to eat chocolate(cocoa) or not, ask 5 other people here, or create a poll.

---

---

Subject: Re: Date balls

Posted by [Wolf](#) on Thu, 04 Oct 2018 01:10:06 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

Although when I read the list of the effects that theobromine has, it seems like it's a safe type of stimulant if that makes any sense. Taken from the link posted earlier, here are the effects of theobromine vs caffiene.

Theobromine

gentle

mild effect

very slow onset

long lasting

50% in bloodstream after 6 to 10 hrs

increases feeling of well being

mild antidepressant

gentle, smooth, sensual stimulation

stimulates cardiovascular system

stimulates muscular system

mild effect on central nervous system

almost no one is allergic

not addictive

no withdrawal symptoms

mild diuretic

stimulates the the kidneys

Caffiene

intense  
strong effect  
fast acting  
rapid dissipation  
50% in bloodstream after 2 to 5 hrs  
increases alertness  
increases emotional stress  
jagged, nervous stimulation  
stimulates cardiovascular system  
stimulates respiratory system  
strong effect on central nervous system  
many people allergic  
physically addictive  
many proven withdrawal symptoms  
extreme diuretic  
requires large intake of fluids to balance the diuretic effect

---

---

Subject: Re: Date balls  
Posted by [LouisS](#) on Thu, 04 Oct 2018 05:05:05 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

<http://www.rawsomehealthy.com/what-makes-chocolate-unhealthy/>  
[https://en.wikipedia.org/wiki/Theobromine\\_poisoning](https://en.wikipedia.org/wiki/Theobromine_poisoning)

Caffeine metabolizes in the liver and turns in to 3 different chemicals in the body, one of them is theobromine.  
[https://en.wikipedia.org/wiki/File:Caffeine\\_metabolites.svg](https://en.wikipedia.org/wiki/File:Caffeine_metabolites.svg)

---

---

Subject: Re: Date balls  
Posted by [ãf^ãf-ã,ããfžãffã,](#) on Sat, 06 Oct 2018 20:20:25 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

Too much of anything is bad for you. Eating too much plants in the collards family can hinder iodine absorption. Eating too much watermelon can result in nausea, vomiting, diarrhea, indigestion and bloating. Everything is about balance

Partake of This in Moderation.--Parents often make a mistake by giving their children too much food. Children treated in this way will grow up dyspeptics. Moderation in the use of even good food is essential. Parents, place before your children the amount they should eat. Leave it not with them to eat just as much as they may feel inclined. . . . Parents, unless this point is guarded, your children will have dull perceptions. They may attend school, but they will be unable to learn as they ought; for the strength which should go to the brain is used in taking care of the extra food that burdens the stomach. Parents need to be educated to see that too much food given to children makes them feeble instead of robust. {CG 391.1}

---

Subject: Re: Date balls

Posted by [Michael32](#) on Sun, 07 Oct 2018 10:57:35 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4335269/>

Quote:Over the last decades, a remarkable progress has allowed understanding some of the molecular mechanisms that are behind the proved health benefits of cacao consumption in man. Apart from the high content of antioxidants, solid evidence points to methylxanthines as key players in the beneficial effects. Caffeine has been classically considered with higher potential than other methylxanthines. Recent studies have highlighted the potential of theobromine, which may act as antitumoral, anti-inflammatory or cardiovascular protector molecule without the undesirable side effects described for caffeine. The main mechanisms of action of theobromine are inhibition of phosphodiesterases and blockade of adenosine receptors but, interestingly, it exhibits other important adenosine receptor-independent effects as the reduction of cellular oxidative stress or regulation of gene expression. In this sense, theobromine could be considered a safe and natural alternative in the treatment of some human diseases and may serve as lead compound for the development of novel drugs

<https://www.nutritionadvance.com/theobromine-benefits/>

Quote:According to the USDA nutrient database, various chocolate/cocoa products contain the following amounts of theobromine per 100 grams;

Unsweetened cocoa powder: 2634 mg (3)

Baking chocolate (unsweetened): 1297 mg (4)

Dark chocolate (70% cocoa): 802 mg (5)

Mars Twix (twin bar): 39.9 mg (6)

White chocolate: 0 mg (7)

Quote:All in all, theobromine is an interesting compound that shares some of the characteristics of caffeine. Similar to other stimulants, it can have both positive and negative effects, depending on the person and the dose. The foods which contain theobromine taste delicious, and the compound does offer some nice health benefits. But it is an "extra" rather than an essential.

So as said above, theobromine seems to be safe, but me thinks now that cocoa should be used once in a while and when diseased, but not regularly. Like one chocolate square per week if we have one bar left somewhere and we don't want it to be wasted, or something. We can also ignore cocoa totally since it is "an extra". So as for recipes containing cocoa (like this one) it would be better to switch to carob in my opinion.

---

Subject: Re: Date balls

Posted by [Wolf](#) on Sun, 07 Oct 2018 16:16:21 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

So I suppose the reasonable route to go here is if one wants to use cocoa, he may but only use it occasionally.

---