



Chocolate Bites (ES)

Serving: 1

Veg

Ingredients

- **1 cup raw seeds or nuts of choice (eg: sunflower ,pumpkin seeds , almonds, walnuts , flax seeds, chia seeds)**
- $\frac{1}{4}$ cup coco powder
- 1 tsp vanilla extract
- $\frac{1}{4}$ tsp sea salt / salt
- 1 cup seedless dates and chopped
- 1-3 tbsp water
- $\frac{1}{4}$ cup chocolate chips
- Coco powder or desiccated coconut , optional for coating

Preparation Method

- Place seeds/nuts in a food processor, and process until finely ground. Pulse in coco, vanilla, and salt.
- Add in the chopped dates and water, 1 tablespoon at a time until the dough comes together nicely. Process until all ingredients are distributed evenly (you may need to stop a few times and scrape down the sides and separate the dough if it forms a ball).
- Pulse in the chocolate chips.
- Roll pieces of the dough into small size balls. You may roll them in the coco powder, or desiccated coconut
- Place your energy bites in a container in the refrigerator or freezer for at least 30 minutes, then serve.