

## CHOCOLATE DATE NO-BAKE ENERGY BITES

### Ingredients:

Amount	Item
20	dates, pitted
1 cup	old-fashioned oats
1/2 cup	almond meal
2 tbsp.	cocoa powder
1/8 tsp	vanilla extract
2 tbsp	water
1/8 tsp	salt



Servings: 15



\*VEGAN



\*GLUTEN-FREE

### Directions:

1. Soften dates if they are hard by soaking them in hot water or micro-waving them with little water for 2–3 minutes.
2. Pour all ingredients in a food processor and pulse everything until dates are incorporated in the mix. Add water or milk if needed.
3. Form the mixture into balls packing them tightly.
4. Roll them in cocoa powder and arrange them neatly in mini-muffin liners.
5. Store them in an airtight container in the fridge until ready to eat!

### Nutrition Facts

15 servings per container  
Serving size 1 ball (17g)

Amount per serving  
**Calories 60**

% Daily Value\*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 10g 4%

Dietary Fiber 1g 4%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 12mg 0%

Iron 1mg 6%

Potassium 23mg 0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.