

Almond Chocolate Bites

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24 Pieces

Ingredients	Quantity	Measure
Medjool dates	2	cups
Cocoa powder, divided	$\frac{3}{4}$	cup
Vanilla coconut milk	1 $\frac{1}{2}$	tsp.
Almond flour	2	cups
Salt	$\frac{1}{4}$	tsp.

Preparation

1. In a food processor, blend the dates, until smooth.
2. In a bowl, combine the date mixture, $\frac{1}{4}$ cup cocoa powder, coconut milk, almond flour, and salt and mix directly with clean, gloved hands.
3. Roll the mixture into 24 small balls. Roll the bites in the remaining cocoa powder.
4. Store in refrigerator for up to a week.

Nutrition Information

 *From USDA Nutrient Database

Calories: 77 Total Fat: 5g Saturated Fat: 0g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 7g Fiber: 2g Total Sugar: 4g Protein: 1g Sodium: 25mg Vitamin A: 1 μ g
Vitamin C: 0mg Calcium: 32mg Iron: 1mg Folate: 6 μ g

